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the Journal

PEOPLE AND ART

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The Shut Out

Why have Humboldt County's
skilled nursing facilities
stopped accepting patients?

By Linda Stansberry



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HEADS UP

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Red Meat Rage

Editor:

My viewpoint might be a bit skewed by the fact that I don't eat all that much meat — but a cover article about local burgers? ("Burger Quest," July 2.) Is there really nothing of substance happening in this county? And to add insult to injury, an article about burgers with no mention of Toni's? — where the ambiance alone screams, "BURGERS!"

Alan Sanborn, Arcata

Editor:

Nominated for best burger barely out of the county: Mad River Burger Bar, unofficial capital of State Route 36, required eating on the way back from a week of dried food in the Yolla Bolly Mountains.

Susan Nolan, McKinleyville

Green Rush Rage

Editor:

The outdoor marijuana cultivation ordinance unveiled recently by California Cannabis Voice Humboldt ("Draft Day," July 2) is a travesty. Marijuana regulation should right the wrongs of prohibition, not institutionalize them. This ordinance would grandfather in all of the illegal grows in Humboldt County that are up to 10,000 square feet in size. It would legalize the major habitat fragmentation that has taken place under prohibition.

We should remember that the reason growing marijuana became popular here is prohibition. Humboldt's forested mountains are remote, and offered privacy from sparse law enforcement. What has been largely overlooked in the regulation discussion is the necessity of scaling back this incursion of agriculture into the remaining forest habitat. And it is not just TPZ land that matters. All of Humboldt was forest and other native habitat not so very long ago. We must prevent further incursions of agriculture and development into the remaining habitat, and reduce the size and number of existing grows. Even 2,000 square feet is a large grow, when it is placed in the forest, and there are thousands of them.

We should also remember that most of the marijuana from these outdoor grows is sold out of state, on the black market. There is no legitimate reason to permit black market grows. They should have to prove that they sell all of their marijuana

to dispensaries, and none on the black market.

For too long, the financial benefit of Humboldt's marijuana crop has been exaggerated, and the social and ecological toll minimized. CCVH only listens to the growers. Everyone should have a voice in this issue. Make your voice heard. Please say no to habitat fragmentation.

Amy Gustin, Etnahurst

Editor:

After seeing the enormity of the raids that took place on Island Mountain plastered not only all over our own local media, but in the national media as well, I was astounded and appalled. Not because I don't believe cannabis farmers deserve their rightful place in the agricultural community, but because grows of that nature have been hugely damaging to Humboldt County, and California's natural resources as a whole, not to mention the reputations of growers as a whole.

It isn't new news that we are in a drought, and it isn't news that our local salmon populations have been struggling for years now, so, why, then, should growers like those get a pass? I don't believe the ordinance CCVH is trying to pass honestly aims to curtail environmental damage at all, but just to make it legal to grow bigger.

If CCVH wants to make the future of cannabis farming in NorCal look like some kind of Big Ag nightmare, maybe we should take notice, and not allow them to be "California's Cannabis Voice." Oh the irony of how the outlaw pot industry turned into a mini-mirror of U.S. politics: The only voice being heard right now is money.

Say what you will, but properly regulating this industry will be key for a healthy community. It's time for the real stakeholders to speak up.

Laine Krassner, Arcata

Editor:

I was angry and upset after reading Debi Botts' letter dismissing the Humboldt County Sheriff's weeklong Island Mountain raids as being ridiculous and a waste of money. Debi is the one that didn't get the memo. Large grows are poisoning wildlife with rat poison, polluting the land with toxic pesticides, and stealing enough water to cause local rivers to go dry. These greedy growers have no respect

Orchestra of aging

The old bones knock together like wind chimes
The body is a flute full of air
Played at both ends
The lungs are violins
The ears percussive
In my way of going
I leave
music

— *Cecelia Holland*

for the environment or the Native American community. Salmon and Steelhead are dying from lack of water, tons of junk are left behind for the taxpayers to clean up while people are being killed up there. What is the difference between the behavior of these large growers and Big Oil or Big Coal? I strongly support these raids, and I hope they continue all summer long.

Larry A. Lange, Bayside

Road Rage

Editor:

The trail proposal for Little River crossing took a lot of hard work and I certainly appreciate the effort ("Crossing Little River," July 2). I participated in some of the scoping and submitted comments during the public process. Generally I like to support trail projects for a lot of reasons but this particular one seems to fall far below a priority threshold and would cost a lot of money while benefiting relatively few. The other issue with this proposal is encroaching onto a coastal dune and surrounding a dune hollow wetland with a paved bike lane. Paving a dune is simply not necessary, particularly when bicycles can currently travel along the extra wide exit ramp at Crannell. Horses would not likely use the proposed bridge as they can use the existing trail along the river and cross if necessary. Hikers can already easily cross the bridge but the frequency is likely fairly rare as hiking in the dunes is far more scenic.

On the north side of the river where the recent acquisition has been made would make a nice view. However, there are geological challenges that add considerable costs. The Annie Mary Trail would create a corridor for all users between Arcata and the sunny villa of Blue Lake, as well as connect to riverside county parks.

We would likely get far more bang for the buck and provide service for a larger range of users. While "more trails" may be a popular mantra, we also need to make sure we are taking care of the ones we have. Why build one that no one seems to want to take care of? We should be putting our energies toward trails that already exist and ones that benefit a wider range of the community.

Uri Driscoll, Arcata

Editor:

In the article "Crossing Little River" (Journal, 7-2-15) it was mentioned that the extension of the Hammond Trail needs an agency to take responsibility for its maintenance, and one option is Caltrans. I suppose if the agency is restricted to "maintenance" it should be appropriate. However, if any other responsibility is ceded to this agency, it would be a big mistake. This corrupt agency has a long history of ignoring the public's needs and/or preferences. To give Caltrans more than minimal authority would inevitably work against users.

Larry Hourany, McKinleyville

Quinoa Confusion Rage

Editor:

Recently photos of one of Wild Rose Farm's quinoa fields appeared in the June 18 issue of your newspaper ("Making It") without our prior knowledge. We would like to make clear that we are in no way affiliated with Humboldt Made or the man shown on the cover of the journal holding a beer in our field, nor do we have any wish to be affiliated with or portrayed as such. It is our opinion, that the photograph on the cover of the recent issue of the *North Coast Journal* suggests a false relationship, or even possibly that the man, who we do not know, has had some part in the production and cultivation of the quinoa. This is simply not true; this man has had absolutely nothing to do with our operation.

Tae Richard, Blue Lake

Write a letter!

Please try to make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com ●

Pot o' Money

Marijuana PAC unveils tax proposal

By Thadeus Greenson

thad@northcoastjournal.com

Through months of discussion and seven drafts of a proposed marijuana cultivation ordinance, California Cannabis Voice Humboldt has promised that a revenue generating proposal was coming. In a July 7 presentation to the Humboldt County Board of Supervisors, the political action committee delivered, presenting the board with a draft excise tax initiative it says could generate millions for county coffers.

A week earlier, CCVH members stood on the courthouse steps and triumphantly announced the release of the final draft of the group's proposed land use ordinance to govern grows on parcels larger than 5 acres ("Draft Day," July 2). The ordinance would principally permit existing grows with canopies of up to 10,000 square feet, while requiring conditional use permits for new operations or larger ones, and would put all commercial grows under the purview of the county agricultural commissioner, which would require annual inspections and proof of a variety of licenses from state agencies.

Bruner presented the basics of the draft to the board but also unveiled the group's revenue-generating proposal, which would have growers pay the county an excise tax of 50 cents per square foot on growing operations with canopies between 600 and 6,000 square feet and \$1 per square foot on larger grows. Op-

erations with canopies smaller than 600 square feet wouldn't be taxed, and canopies would be measured at their largest point in the year. How much revenue this proposal would actually generate amounts to guesswork, but Bruner proffered it could fetch the county \$8 million to \$10 million in the first year.

Data quantifying the number and scale of marijuana cultivation operations within Humboldt County is hard to come by. In 2012, the Humboldt County Sheriff's Office spent some time with Google Earth and identified more than 4,100 outdoor marijuana gardens in the county, but officials say the numbers have increased substantially since. In his presentation, Bruner estimated the number to be between 8,000 and 10,000. Last year, a study by environmental scientists at the California Department of Fish and Wildlife looked at grow operations in several local watersheds and estimated the average canopy size to be about 2,300 square feet.

If we use the DFW numbers as an average, the excise tax proposal could generate \$4.7 million in revenue for the county, based on the Sheriff's Office's 2012 numbers. If we use Bruner's 8,000 figure, the revenue could jump to \$9.2 million. But, that's assuming the 2,300-square-foot average holds true across the county and — perhaps more of a stretch — that all growers jump on the tax bandwagon.

The proposed tax ordinance designates



LUKE BRUNER SPEAKS AT CCVH'S JUNE 30 UNVEILING OF ITS ORDINANCE.
PHOTO BY GRANT SCOTT-GOFORTH.

the county agricultural commissioner as the "tax administrator," meaning he or she would be responsible for both assessing the taxes and collecting them (they'd be due July 1 of every year), as well as taking enforcement actions when necessary.

On the surface, this appears to be a massive undertaking for the county agricultural commissioner's office, which currently has a staff of six, yet would be tasked with certifying, inspecting, overseeing, assessing and taxing all the county's cannabis farms. Agriculture Commissioner Jeff Dolf has repeatedly declined to comment on the proposed ordinance and did not immediately return calls seeking comment for this story.

During his presentation, Bruner mentioned in passing that a cannabis farmer could reasonably expect to harvest between three and five pounds of processed marijuana for every 100 square feet of canopy, which would mean a grow with a 10,000-square-foot canopy could reasonably generate 400 pounds of market-ready marijuana bud. If sold for \$2,000 a pound, that would generate about \$800,000 in gross revenue with a tax bill

of \$10,000, or 1.25 percent. Using the same method, the grower with a 2,300-square-foot canopy could expect to yield about 92 pounds, which could fetch about \$184,000 on the market with a tax bill of \$1,150, or 0.6 percent. Of course, theoretically, newly licensed and legitimized growers would also be paying sales and income taxes, generating additional state and local revenue.

But many think the revenue conversation is putting the cart before the horse, and during public comment after Bruner's presentation, former Humboldt Area Foundation Executive Director Peter Pennekamp accused CCVH of "immorally" telling the county to "get on the money train" while ignoring the environmental and social devastation brought by the local marijuana industry.

The comments of Pennekamp and others at the meeting seem to underscore a philosophical divide in this regulation conversation. During his presentation, Bruner made very clear that CCVH's ordinance is designed to prompt voluntary compliance

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THE WEEK IN WEED

continued from previous page



FILE PHOTO.

from the growing industry. The idea is it gives growers a chance to legitimize and survive on a changing landscape as California likely enters the post-legalization world. Bruner said he will consider the ordinance successful if it brings 5 percent of county growers into the fold in its first year.

"If 500 people come in, I think we'll be successful," Bruner said, adding that he thinks market forces will then push more people toward compliance as growers following the rules become less tolerant of those who are skirting them, viewing them as "unfair, illegal competition."

But many in the environmental community feel that a county ordinance should first and foremost seek to rein in existing grows, in part through additional enforcement. Legitimizing Humboldt's existing growing operations while bringing the top 5 percent of growers into compliance won't do anything to cure the environmental crisis going on in the hills, they say.

"To have an industry that is trying to legitimize large-scale operations — it's entirely irresponsible," Northcoast Environmental Center Executive Director Dan Ehresman said.

Ehresman's comment underscores another huge divide in the conversation — canopy size. Many in environmental groups say a 10,000-square-foot canopy is huge, while Bruner refers to it as a "mom and pop" operation or a "micro-farm," noting, "10,000 really isn't that big. There's giants out there."

With its July 7 presentation, CCVH kicked off a 45-day public comment period during which people can review the ordinance on CCVH's website (www.ccvhumboldt.org) and submit feedback. After the comment period, CCVH plans

on incorporating comments into a final version before launching an ordinance initiative process in which it would have to gather signatures from about 7,400 registered voters in support of the ordinance to put it before the board, which could then adopt it as written or send it to county voters in November.

Bruner said on July 7 that CCVH would welcome the board's launching a parallel process, taking CCVH's work to date and building on it. But that idea seemed to get no traction on the board. Supervisor Mark Lovelace made a motion asking the board to query county department heads for input on the draft ordinance, but his colleagues unanimously felt that unnecessary, saying department heads would weigh in as they see fit and the board would see where the process lands in 45 days.

Meanwhile, Supervisors Ryan Sundberg and Estelle Fennell continue to work both with CCVH and on a proposed ordinance of their own, the details of which haven't been made public. CCVH is a private political group, not a public agency, so there's nothing forcing it to make public the comments it receives on the draft ordinance. But Supervisor Virginia Bass asked that the group opt to do so, and Bruner said he'd forward that request on to the person in charge of the group's website.

For his part, Supervisor Rex Bohn made clear he's not ready to hitch the county's wagon to what CCVH has proposed.

"I think you've got a long, long way to go," he said, though he quickly echoed the comments of some colleagues and members of the public thanking CCVH for jump starting a dialogue on the issue. "You guys jumped into the water to see how deep it is ... Right, wrong or indifferent, it's started a conversation." ●



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Growing Greed

Proposed marijuana ordinance is bad for Humboldt

By Robert Sutherland

Greed is dangerous: Don't turn your back on it. As the environmentalist who incorporated the Environmental Protection Information Center, I also have worked for years, largely through the Humboldt/Mendocino Marijuana Advocacy Project (HUMMAP), in the effort to secure an economic future for our county that is not boom-and-bust. The following generally represents HUMMAP's views.

Our economic future is, in a large part, tied to the marijuana industry. However, as everyone knows, the industry is struggling with greed. Humboldt hippies made the county world famous, and this is fact, not hype. They brought in the good genetics from the border between Pakistan and Afghanistan in 1979, the same area now showered with Hellfire from Predators and Reapers. Those rare, fat seeds spread their children across North America and Europe.

Then younger hippies stabilized the CBD strains now wildly sought for treating pediatric seizures. These historic acts were achieved entirely outside the motive of greed. The activists involved were HUMMAP members personally known to me, and they are people who always knew that marijuana is something much more than money. Some even felt that money should never taint marijuana, but the changes we have brought to our culture could only have been accomplished with money, for which we all find some necessary and reasonable value.

The horrendous scene at Island Mountain — the alleged major environmental damage and 85,578 plants claimed eradicated — is clearly an example of extreme greed, and I thank the three sheriff's departments for taking it down. Greed has no limits! As California Cannabis Voice Humboldt Executive Director Richard Marks informed media, the raided properties involved leading CCVH members, and media reports indicate one of the properties is owned by one of the group's co-founders. CCVH now has the arrogance

to present a marijuana ordinance for our board of supervisors to approve.

My contact with CCVH people was early and often. From the very beginning, they were never willing to accept our strong concerns against big grows and for environmental protection, and that shows in draft after draft of their ordinance. In my experience, their interest was to push us out of the picture. We have no millionaires funding us. Now that we see what was going on at Island Mountain, I ask you: Is theirs the ordinance we want?

There are much better alternatives based on the small farmer model that CCVH has tried to co-opt. What is a small farm? Present consensus sets an upper limit of about 2,500 square feet of canopy area, for all marijuana grown, irrespective of destination or purpose. This means no wiggle room on total amount grown. In our view, the small farmer lives full time on the farm, and thus he or she sees every day the need to respect the environment. Here, a person can concentrate on producing an exceptional product.

The comparison to other agricultural crops that we are seeing is not insightful, because the high-volume production of marijuana will take place in the Central Valley, and because the marijuana here is a high-value product. The branded niche market is our future, and only a high-quality product will preserve the enormous worldwide reputation we have already earned.

The issues around a major industry like this are many, complex and ever-changing. HUMMAP has proposed a commission with industry membership that can

continually adjust to essential change. In this regard, this proposal has parallels in other industries, notably agriculture and forestry. This model can be established at the county level as a model for the state. It is important to get these kinds of legal details right at the beginning.

When money is the principal product, the corporados soon follow. Or the cartels. Do you really think our government is beyond the reach of corruption? Here is where it begins. A greed empire will only arise if we let it get a foothold. Big grows are exactly that beginning. Excess money, political henchpeople, guns.

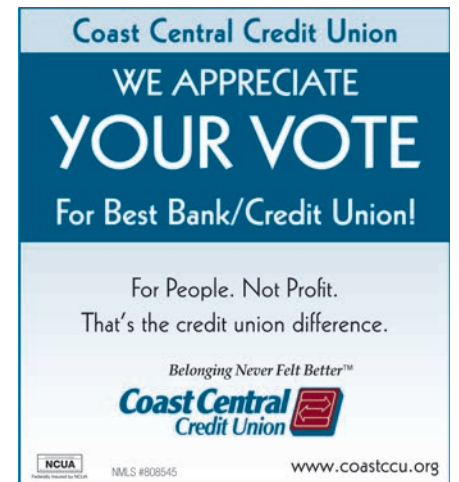
Big grows are unhealthy for the environment, the community, the workers and the consumer. They are against what the Earth is crying for. Small farmers offer much better alternatives, and they alone keep the money local.

Humboldt County has solidly earned the right to be the center of responsible, high-quality marijuana cultivation. Please join us in deciding against greed. ●

The horrendous scene at Island Mountain — the alleged major environmental damage and 85,578 plants claimed eradicated — is clearly an example of extreme greed, and I thank the three sheriff's departments for taking it down.

Robert "Woods" Sutherland, a founding member of the Humboldt/Mendocino Marijuana Advocacy Project, resides near Etnesburg. He is searching for a publisher for his book on how to save the world in 321,412 difficult lessons. Any hope?

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Geoff Spenceley, photo by Thadeus Greenson.



AS CRACKERS AND POPPERS — AND, YES, A SPRINKLING OF GUNSHOTS AND MORTAR BLASTS — RATTLED WINDOW PANES THROUGHOUT THE COUNTY SATURDAY NIGHT, EUREKA'S PROFESSIONAL FIREWORKS DISPLAY DREW RAVE REVIEWS. DAVID VERDUGO/UNRIVALED PHOTOGRAPHY

GOVERNMENT Station Down

Humboldt Bay Fire announced recently that Station 4 — located on Myrtle Avenue — will be closed until further notice. The department made nearly \$800,000 in budget cuts to help the city of Eureka bridge a roughly \$2 million deficit.

In the midst of budget hearings, Humboldt Bay Fire warned the cuts would cause it to "brown out" the station, closing it whenever the department didn't have enough bodies to staff it. Historically, the department would just shell out overtime to staff the station when someone was on vacation, sick or in training, but the cuts gutted its overtime budget. On July 1 — the beginning of the new fiscal year, and the day the city's budget

cuts officially took effect — Humboldt Bay Fire announced the station will be shuttered indefinitely. Chief Ken Woods said the department will still take a day-to-day approach to staffing Station 4, but that when he and staff sat down with the schedule it quickly became apparent it would have to be closed every day in July. "We've got three significant, long-term injuries," Woods explained.

Woods said the station should get some reprieve early next year. The chief recently announced his intent to retire at the end of January in an effort to save the department money through a restructuring plan, which will ultimately result in the elimination of a battalion chief position. The plan is estimated to save the department about \$270,000 annually, which

Woods said will go toward overtime pay.
— Thadeus Greenson

GOVERNMENT

Cops for Hire?

Do shoplifters have you wanting an added police presence at your local business? Does that rash of car break-ins have you and your neighbors wishing for a dedicated officer that could spend nights circling your block? Maybe you just don't like the look of your daughter's friends and want a little extra security to fend off trouble at the bounce house you rented for her birthday?

Well, you may be in luck. As the *Journal* went to press July 7, the Eureka City Council was slated to consider a proposed ordinance governing the hiring out of additional police services, or the practice of providing additional policing to a "person, corporation, firm or organization" that desires it and is willing to foot the bill.

The ordinance would formalize a practice the Eureka Police Department kicked off in March, when the city agreed to provide the Bayshore Mall — which was dealing with a spate of unsavory activity — with an officer to walk it daily for about a month. Under the agreement,

the mall paid Eureka \$50 an hour for the service.

For more information, and updates as the story develops, visit www.northcoastjournal.com.

— Thadeus Greenson

EMERGENCY

Reported Drowning Would be 2015's Eighth

The grim toll of this year's drowning deaths may rise, according to the Humboldt County Coroner's office, which announced in a press release that a 33-year-old Oregon man, Justin Russell Lawrence Bennich, was pulled from the water at Willow Creek's Kimtu swimming hole after becoming unresponsive on July 4.

Chief Deputy Coroner Ernie Stewart said his office could not confirm Bennich's death to be a drowning, and that another medical problem may be responsible. Criminal activity is not suspected. More information should be available in a few weeks, after lab analysis.

If Bennich's cause of death is confirmed as a drowning, it would be the eighth in 2015.

— Linda Stansberry



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SPENCELEY
AT HIS WIFE'S
BEDSIDE.
PHOTO BY
CHRISTINE PETER

The Shut Out

Why have Humboldt County's skilled nursing facilities stopped accepting patients?

By Linda Stansberry

Geoff Spenceley speaks with a warm, resonant accent, a remnant of his youth in England. The 93-year-old veteran of World War II has lived in Humboldt County for a quarter century. He has been married to his wife, Queenie, for 70 years. Queenie (her real name, she was born a few weeks before Queen Elizabeth II) was a factory worker during the war. She and Geoff met at a service dance, had a cup of tea, and sparked a courtship that led to a long, devoted marriage. They may spend their remaining days 680 miles apart.

Queenie has been turned away from every skilled nursing facility in Humboldt County. It's not because she's ineligible: The facilities accept MediCal, MediCare and private payment. It's not because they're full: Our research revealed plenty of open beds. It's not because she's too sick: Skilled nursing facilities are intended to serve patients with medical problems such as Queenie's. And it's not for lack of trying. Her husband, with the help of caseworkers, has repeatedly petitioned all six facilities to find a place for his wife. His only remaining

choices are to drain their savings by having home health workers attend to his wife at a residential care home, or to send her to a facility in Huntington Beach, where their daughter lives.

"We have a house we've been in for 25 years," Spenceley said. "It's impossible for me to move out of it right away. I really don't want her far away from me. I'm desperate."

Spenceley's experience is not an anomaly. According to a statement from St. Joseph's Hospital, the organization that owns five of the six local skilled nursing facilities recently informed the hospital that the facilities would no longer accept its patients. (A sixth facility, Jerold Phelps in Garberville, has only eight beds and a long waiting list.) The company also severed its contract with the Program of All-Inclusive Care for the Elderly (PACE), leaving the program with nowhere in-county to place clients with needs too great to remain at home. Patients who need skilled nursing are being sent to Redding, Santa Rosa, even to Oregon.

Individuals and organizations have been given any number of reasons for the shut out: not enough beds, not enough staff, the facilities are "just not admitting." But the real reason appears to be a game of financial chicken between the Partnership Healthcare Plan of California, the organization responsible for administering MediCal, and a nursing home mogul with a dubious reputation. And in this case, Partnership swerved first.

Due to privacy laws, it is difficult to quantify exactly how many people have been turned away, and how far back the problem goes, but the *Journal* spoke to patients who had to leave the area as far back as January. Suzi Fregeau, program manager for the longterm care ombudsman program at Area 1 Agency on Aging, said she has received at least a dozen calls from concerned family members who didn't want to send their loved ones far away. She is one of many who believe that the company that owns 449 of the county's 457 MediCal-certified skilled nursing beds has leveraged its monopoly into a higher rate of reim-

bursement from Partnership.

"They're essentially saying, 'Give us what we want, or we'll take our bat and ball and go home,'" said Fregeau.

Attempts to reach administrators at the facilities or at the main office of their management company, Rockport Healthcare Services, were unsuccessful. Samantha L'allier of the Fortuna Rehabilitation and Wellness Center confirmed that it's "not admitting at the moment," but refused to say why, directing us to public relations representative Sallie Hofmeister. Hofmeister said her client could not comment. Hofmeister also did not respond when asked why individuals and organizations had been told that there was a bed shortage, despite our counting 27 open beds between just two of the facilities.

The rumored bed shortage is just one of the excuses the company has offered. At least one caregiver was told the facilities could not provide the wound care her friend required, despite the fact that is exactly the kind of care they are federally certified and mandated to provide. Rumors have also spread about a staff



GEOFFREY AND QUEENIE SPENCELEY ON THEIR 60TH WEDDING ANNIVERSARY.

shortage, which given the county-wide problem of attracting skilled medical staff, is not improbable. Staff turnover in skilled nursing facilities is high; wages are low. If a facility couldn't maintain the amount of licensed staff necessary to meet the needs of its patients, it would make sense to reduce workload in order to meet the mandated ratio of staff time per patient. If that is the case, however, Rockport isn't talking.

The Journal was unable to determine whether non-MediCal patients are still being admitted, although nationally there is a documented trend of such facilities prioritizing higher-paying, shorter-term MediCare patients. In some cases, clients are told there is a "limited number" of MediCal beds, which is illegal. If a facility is MediCal-certified, every bed is a MediCal bed. However, as in any other business, skilled nursing facilities have the right to refuse service to anyone they choose, without stating why.

On June 25, after several days of discussion with Rockport and other companies, Partnership announced it had increased reimbursement by 2 percent for long-term care providers across 14 Northern California counties. Partnership declined to say whether the rate increase was connected to what Fregeau has called "essentially a strike," but in a phone call Robb Lane, Partnership's director of governmental and public affairs, said Rockport had asked for something specific that he could not disclose. Lane said that the meeting and the rate increase were a "strategic intervention" that had been discussed at all levels, and that Partnership was committed to "supporting skilled nursing facilities and to making sure they make enough to run their business."

When asked whether the shut out pressed Partnership's hand, Lane said only, "Our goal has been and always will be to release people in close proximity to their

families. I think this rate increase reflects that."

Lane also clarified that once the money reaches the facility, Partnership has no oversight over how it is spent. Those who know the owner of these facilities may be cynical as to how much money will actually be reinvested in patient care.

Until a few months

ago, one of the first words to hit your eyes when you typed Shlomo Rechnitz's name into a search engine would have been "philanthropist." The Los Angeles-based multi-millionaire is well-known for his charitable donations. But after a multi-part exposé by *Sacramento*

Bee reporters Marjie Lundstrom and Phillip Reese, a less complimentary word has begun following Rechnitz: "lawsuit." Rechnitz is the largest provider of nursing homes in California, an "empire" under increased scrutiny by the media, state and federal regulators. In 2014, 23 nursing homes owned by Rechnitz received notice of 50 serious deficiencies — areas where the facilities were out of compliance — by the federal government. Included among Rechnitz's 81 holdings are the five Humboldt facilities that have closed their doors to new patients: Seaview, Granada, Pacific, Eureka and Fortuna Wellness and Rehabilitation Centers. But tracing the line of ownership is a long slog, some say by design.

Although the five facilities share a common management company, each is sheltered by multiple tiers of ownership, beginning with a Limited Partnership (ex. Granada Rehabilitation and Wellness Center LP), then its own Limited Liability Company (Granada Rehabilitation and Wellness Center LLC), with a convoluted path back to Rechnitz. The practice is not uncommon in the industry. Many owners use a long chain of custody to protect common holdings from being decertified or fined if one facility falls afoul of regulators. But the websites for Rechnitz's holdings in Humboldt give little to no information about their common owner, nor does the California Department of Public Health's individual records for the facilities. Those looking to place their sick and frail loved ones would have no idea that their only option is to put them in a home owned by an operator the California Department of Public Health has called a "serial violator" of state and federal regulations.

In August 2014, the California Attorney General's Office filed an emergency motion to block the sale of 19 bankrupt facilities to Rechnitz, citing a pattern of

continued on next page ►

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violations among his facilities. The violations, which span Rechnitz's holdings statewide, include widespread infectious disease and several patient deaths due to neglect.

In interviews, Rechnitz has painted his tactic of buying up bankrupted facilities as a charitable act, a way to "rescue" failing businesses and return them to profitability. But elder care advocates describe an opportunist and profiteer who sustains his bottom line by siphoning money from MediCal and MediCare patients, and not investing back into his facilities' crumbling infrastructure. In addition to his charitable organization and nursing homes, Rechnitz also holds stock in the medical supply company he founded, TwinMed, LLC, a leading supplier of medical and personal care items to nursing homes. The *Journal* was not able to obtain information about whether TwinMed supplies to Rechnitz's holdings in Humboldt, although this practice has been substantiated in at least one other of his homes in California.

Rechnitz's company, Brius Healthcare Services, purchased its near-monopoly of skilled nursing in Humboldt in 2011, when a class-action lawsuit against the previous owner, Skilled Healthcare, prompted a fire sale of sorts. Brius bought all five facilities, allowing them to neatly sidestep the court's injunction that they be subject to tougher audits of its facilities. (See "Vulnerable," August 4, 2011.) The original lawsuit led to an award of more than \$677 million in damages for inadequate staffing of facilities, but after settlement negotiations, only a fraction of this money went to the families whose loved ones had been harmed by inadequate care. In our investigation, the *Journal* found no indication that any of the facilities have been dinged for low staff levels since the change in ownership. But we did uncover tales of neglect, abuse and deteriorating infrastructure — all too familiar themes with Rechnitz's institutions.

The California Department of Public Health visits skilled nursing facilities annually to make sure the facilities meet state and federal guidelines. A failure to meet guidelines is called a "deficiency." The state also visits to investigate complaints lodged by patients, family members, advocates or staff members. The CDPH records all complaints, deficiencies and enforcement actions, such as legal steps or fines, on its website. The following are excerpts from the CDPH's annual surveys of three Humboldt facilities.



JOHN HECKEL, VOLUNTEER LONG-TERM CARE OMBUDSMAN FOR AREA 1 AGENCY ON AGING.
PHOTO BY GRANT SCOTT GOFORTH

A resident at the Eureka Rehabilitation and Wellness Center was hospitalized in January 2013 after a nurse found her to be "pale and cold to the touch." Upon admission to the hospital, physicians diagnosed her as near-catatonic due to overmedication. Staff had noted her deteriorating condition over the course of two years, noting she was "very agitated and confused," and walking the halls "close to falling," but seemingly failed to consider that these might be adverse reactions to a high dose of psychiatric medication apparently used to calm the patient when she became agitated and "wanted to go home." When the hospital stopped the medication, the resident regained function. The state did not investigate until March 2014, at which point the facility was fined \$20,000.

The Department of Public Health did note multiple fire code violations in 2013, including a failure to maintain electrical equipment and wiring. The facility racked up 20 survey deficiencies. The state took no enforcement actions.

In 2014, Granada Rehabilitation and Wellness Center failed to report an incident in which a licensed staff member with a criminal record verbally and physically threatened an 81-year old man with dementia, saying, "I will break your fucking neck." The Department of Public Health found that Granada kept the employee on staff after the incident, and that the resident was afraid to leave his room. Complaints about failures to prevent

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(X4) ID PREFIX TAG	SUMMARY STATEMENT OF DEFICIENCIES (EACH DEFICIENCY MUST BE PRECEDED BY FULL REGULATORY OR LSC IDENTIFYING INFORMATION)	ID PREFIX TAG	PROVIDER'S RESPONSE (EACH CORRECTIVE ACTION MUST BE PRECEDED BY THE DATE WHEN THE ACTION WAS INITIATED)
	incident and saw that the perpetrator was not removed from resident care immediately following the incident. Resident 1's face sheet (admission record) indicated that Resident 1 was a 81 years old male, who was admitted to the facility on 11/8/13 with multiple medical diagnoses including generalized pain, difficulty in walking, and dementia (A term refers to cognitive deficit and memory impairment) without behavioral disturbance. During a review of the clinical record for Resident 1 on 8/14/14, at 8:50 a.m., the quarterly Minimum Data Set (MDS, an assessment tool), dated 5/8/14, reflected a score of 15 on the Brief Interview for Mental Status, indicating intact thinking and memory. A written statement by Unlicensed Staff F, signed and dated on 8/6/14, indicated that Unlicensed Staff F witnessed the incident: "On 08/05/2014 I was in a Resident's room on Side One when I witnessed Charge Nurse [Licensed Staff C] Say to Resident [Resident 1] ...'If you ever f***ing touch me like that again, I will Break your f***ing Neck. Do you Understand me?' The Resident did respond in anger but I wasn't able to hear his response." The facility's investigation report titled "Summary of incident", dated 8/11/14, indicated that on 8/5/14, at approximately 11 a.m., Resident 1 had exhibited physical aggression towards Licensed Staff C while Licensed Staff C was helping another resident in front of Resident 1's room. The report further		not worked in the 2014 and that he staff on day of all to monitor him on days and the 24 hr shift report noted and or his mention disharmony or fear expressed by him at liberty in the he. He stated to the why all the fuss continued. He was and ongoing by the and Administrative reassurance and he revealed no noted demonstrated by was notified and August 24, 2014 such was made familiar with this and as needed. 7 and 12, 2014 and nurses note review and stable status of DON, and DSD go random rounds to with dignity and provided in a manner and comfort. L return to the facility at 6:00 pm and he met in private and immediately terminated from at the conclusion of investigation findings and the Social Services residents were in
Event ID:2UL11		1/21/2015	11:22:37AM

pressure sores and facility cleanliness were also substantiated in 2013. Despite 19 survey deficiencies in 2013 and 28 in 2014, the state took no enforcement actions.

In 2014 the state discovered that a resident at the Fortuna Rehabilitation and Wellness Center had been overmedicated at four times her prescribed dose of anti-psychotic medication over three months, putting her health at risk. Another resident had her dentures misplaced and was unable to eat properly for two weeks. The state recorded 24 survey deficiencies. The state took no enforcement actions.

In October 2014, the California State Auditor released a report condemning the California Department of Public Health for poor oversight of skilled nursing facilities in California. According to the report, 102 complaints marked by the Santa Rosa-Redwood Coast district office as high priority (posing a threat to an individual's life or health) stayed open an average of a year. When the department does investigate a complaint, it must substantiate it using witnesses or case notes. The path

from a complaint being lodged, by a patient's advocate, family members or staff themselves, up the chain of administration to the state appears to be a slow one. And complaints lodged with administrators or advocates may be a fraction of the actual abuse, neglect and dysfunction that take place.

"They're scared," says John Heckel of skilled nursing residents. A volunteer ombudsman with the Area 1 Agency on Aging, Heckel visits facilities weekly to speak with residents, hear their concerns and advocate for them. He says many of his clients are reluctant to complain for fear of retaliation from staff, and for fear of the unknown. "Most people are just one check away from homeless anyway. If you get discharged from a hospital to skilled nursing, your money is no longer going towards rent at an apartment. If you get kicked out of the skilled nursing facility, you have no place to go to. Asking them to complain is asking them

to participate in their own transience."

Despite the best efforts of Heckel and other advocates, residents in skilled nursing facilities seem to have little agency over their fates. Often they are in the last years of their life, isolated from family, alienated from communities, sharing rooms with strangers and under the care of overworked staff who have little time to help them navigate their benefits or rights as patients. Despite the intended purpose of skilled nursing to rehabilitate some patients back to health so they can return to their communities, Heckel reports that many residents who have been misclassified as "long-term care," meaning they are no longer receiving physical therapy. A word that comes up often is "warehousing:" storing human beings away for as long as they can pay, spending as little money on them as possible, medicating the troubled, the loud and the agitated into compliance, until the day they die and their bed passes on to the next warm body.

continued on page 16 ►

Summer Time is BBQ Time



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Greg in Sunny Brae



Ben in Trinidad

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EUREKA Rehabilitation and Wellness Center — 99 Beds

Year	Deficiencies	Calif. Avg.	Complaints	Calif. Avg.	State Enforcement Actions
2012	23	15	10	14	3
2013	20	16.7	4	14	0
2014	11	Not available	8	Not available	1
2015	0	Not available	1	Not available	0



FORTUNA Rehabilitation and Wellness Center — 104 beds

Year	Deficiencies	Calif. Avg.	Complaints	Calif. Avg.	State Enforcement Actions
2012	31	15.5	29	14	1
2013	0	16.7	12	14	0
2014	24	Not available	3	Not available	0
2015	Not available	Not available	Not available	Not available	Not available



SEAVIEW Rehabilitation and Wellness Center — 99 beds

Year	Deficiencies	Calif. Avg.	Complaints	Calif. Avg.	State Enforcement Actions
2012	32	15.5	34	14	2
2013	16	16.7	37	14	0
2014	0	Not available	14	Not available	0
2015	44	Not available	5	Not available	0



GRANADA Rehabilitation and Wellness Center — 87 Beds

Year	Deficiencies	Calif. Avg.	Complaints	Calif. Avg.	State Enforcement Actions
2012	25	15.5	30	14	1
2013	19	16.7	26	14	0
2014	28	Not available	2	Not available	0
2015	5	Not available	0	Not available	2



PACIFIC Rehabilitation and Wellness Center — 60 beds

Year	Deficiencies	Calif. Avg.	Complaints	Calif. Avg.	State Enforcement Actions
2012	22	15.5	9	14	0
2013	2	16.7	3	14	0
2014	18	Not available	12	Not available	0
2015	Not available	Not available	Not available	Not available	Not available

SOURCE: CALIFORNIA DEPARTMENT OF PUBLIC HEALTH'S WEBSITE AND THE CALIFORNIA ADVOCATES FOR NURSING HOME REFORM.

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The Shut Out
continued from page 14

High on Humboldt Hill, framed by fog and tall trees, Seaview Rehabilitation and Wellness Center offers a limited glimpse of the sea. Inside, staff in scrubs scurry, clocking in, clocking out. They barely offer a second glance as we sign in and look at the staffing manifest on the wall. They're busy. Even at 26 beds below capacity, staff levels just meet the bare-bones state requirement of 3.2 hours of care per patient, per day.

The halls smell like piss and industrial cleaning solvent. The activities room with its colored paper decorations is dim and deserted. A woman in a wheelchair with dark, glittering eyes glares at us.

"Hey! Hey!" she shouts, asking us to

come over and help her. She wheels after us as we turn down another hallway, telling us not to walk away.

A pretty aide tucks her hair behind her ears and in gentle tones asks a tall man sitting on a bench not to try and get up.

"You haven't walked for a long time, do you remember?" The man looks angry, then confused and finally sad.

Sheets of paper with a child's word puzzle sit on the laps of the confused and the catatonic. This is the activity director's attempt to meet their requirements for mental stimulation.

A man in a wheelchair wearing a baseball cap that identifies him as a veteran screams at the departing back of one staff member.

"I fought in a goddamn war and you can't

give me a walker? What did I fight for?"

On the way out we notice a sign on a closed door: The kitchen is closed. Meals are prepared in a trailer in the parking lot. Later, we ask John Heckel about this. The kitchen has been closed for close to six months, he says. The laundry room was also closed down for five months last year. State guidelines require that each bed have three sets of linens: one on the bed, one in the closet and one out for wash. Heckel opened the linen closet to empty shelves. If a patient soiled his or her bed, there were no clean sheets to replace the dirty ones. He asked the administration why the sheets weren't being replaced. The administration said that the laundry had gone to a different skilled nursing

facility in the chain and there was a backlog. Why didn't they send them out to a linen service? Because, administrators said, they weren't qualified to do the laundry according to state guidelines. So Heckel called a local linen service himself. "Of course we're qualified," they told him.

"Then I got mad," Heckel said. "Because I knew I'd been fucking lied to."

To date in 2015, Seaview has been found to have 44 survey deficiencies and one substantiated complaint of improper infection prevention, with no enforcement actions taken.

In November 2014 Rechnitz chose to close down his troubled Wish-I-Ah facility in Fresno after it was de-certified by the state. One patient had died due to

an infected wound. Infrastructure issues dogged the facility, including multiple plumbing problems. Rather than bring the facility into compliance, Rechnitz shuttered it and redistributed its remaining patients to his facilities throughout the state. Twenty-five ended up in Seaview Rehabilitation and Wellness Center, 450 miles away from home. Suzi Fregeau confirmed that at least one is still there, an elderly man whose primary language is Spanish and who was only recently informed that he has the right to an interpreter.

Fregeau said she received several frantic calls from friends and family in the Fresno area trying to locate loved ones. This story may offer clues as to why the "strike" was effective, and to why these facilities have continued to rack up compliance issues without being shut down or decertified. As poor as conditions in the facilities may be, a widespread exodus of patients from the region would have deep and profound impacts on patients and their families.

Sara Senger, a lawyer who specializes in elder law, has been following the situation in Humboldt closely. She and others were surprised that the state actually closed Wish-I-Ah and two other Rechnitz holdings.

"Usually the Department of Public Health will bend over backwards not to do that," Senger said. "It places a huge burden on a community to absorb all the people in the nursing home; there's no place else to put them. They'll try to bring them into compliance instead."

In an email, Corey Egel of the California Department of Public Health did not answer our question about the legality of a skilled nursing monopoly. He did say Partnership "continues to maintain a contract with and place beneficiaries into these facilities" and that the CDPH "has no oversight authority regarding the actions these facilities have taken regarding their contracts or regulatory powers regarding who they contract with."

According to Egel, the high number of compliance issues in Rechnitz's facilities is a statistical given.

"The more facilities that an entity owns or operates, the higher number of compliance issues that entity is likely to experience in the aggregate, even assuming the best possible management and operation," he said.

Egel was unable to supply us with information about state inspections of Seaview. The information is missing from the CDPH's website and, despite several substantiated complaints about quality of life and care in 2014, it appears that the

facility was not marked out of compliance in that year.

Mike Connors of California Advocates for Nursing Home Reform calls the conditions at Seaview "alarming." CANHR has been seeking a meeting with the State Department of Healthcare Services regarding the shut out.

"This kind of thing would not happen if the operator did not have a monopoly. Why the state allowed the facility to have a monopoly is a question as well," said Connors. "If they are refusing to admit clients because they say they don't like the MediCal rate, they're being discriminatory. State and federal government should be putting a stop to it."

Connors said that it is difficult to identify a gold standard for best practices in the industry. Several similar-sized facilities in Redding do have notably smaller numbers of deficiencies and complaints, although ideally no one in Humboldt should have to travel that far to receive the care they need.

"This is a basic service we should be able to provide locally," says Joe Rogers, Executive Director of Hospice of Humboldt. "It puts a big hole in our healthcare system when we can't. Healthcare is a whole continuum of care from hospital ... to end of life services, and a big piece has dropped significantly."

Rogers' organization has been working with clients whose critically ill loved ones face long trips to out-of-the-area facilities. These patients are uniquely vulnerable to a condition known as "transfer trauma," commonly seen in dementia sufferers when they move from their homes to assisted living. Besides the shock of travelling hundreds of miles, sometimes in an ambulance, patients leaving Humboldt County will also have to adjust to reduced contact with family and friends.

It remains to be seen whether or not the increase in reimbursement rates will result in facilities accepting more patients. Partnership did confirm acceptance of two MediCal patients in the last month. Several others have moved onto waiting lists.

When we spoke to Geoff Spenceley in late June, the veteran said his wife was "fading." The last time he visited, she was asleep for most of the time, waking briefly to hold his hand before he left.

Spenceley said he is doing everything he can to make her comfortable, and that he is still hopeful that they will find a place for her, although he has received "no satisfactory answer" as to why there are no openings.

"Every time we turn a corner it gets worse, never better," he said. ●

continued on next page ▶

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Must be Present to Win

The secret to better-than-porn sex

By Melinda Myers

sexuallyspeaking@northcoastjournal.com

I love good smut as much as the next person — maybe more — but there's something tragic about porn being our main source of sexual information. Decades ago, young people learned about sexuality from their misinformed classmates. As scary as that was, in some ways it might have been less harmful than what's out there in bits and bytes now.

As I run through my mind for good examples of sexual information, most focus on the mechanics rather than on how we experience and express deep emotional connectedness through sex. That strikes me as sad, honestly, because there is so much communication, healing and deepening of intimacy that comes from a great sexual relationship. I'd go so far as to say the pleasure that comes from deeply connected sexual experiences is far greater than the surface level depicted in

most explicit media. I see the same focus on technique in books and videos in the "edutainment" genre.

Regardless of the source, those are performances made with specific audiences in mind. Generally speaking, they're designed for solo consumption. Great sex, on the other hand, is a mindful, open-hearted exploration made with our whole bodies, not just those parts shown in close-ups. When we're fully engaged with our partners, fully present for the experience of sex, amazing things happen.

To increase the likelihood of more such amazing things in your life, think about what helps you feel present. For most of us, it helps to leave phones, computers and other screens out of the bedroom. Recall the last time you were completely absorbed, utterly in flow, fully involved with another person. How many senses were engaged? Maybe it had nothing to do with sex. For example, I was hiking the Lost Coast recently and had several moments of

presence: I could smell the bay laurel, hear the crunch of the leaves beneath my feet, feel the warmth of the sun on my shoulders and the satisfying ache of effort in my bones. Great sexual experiences are similar if we fully show up. Tune into all of it; look your lover in the eyes and breathe.

It sounds so simple, yet my years of practice have shown that for many couples, this hurdle is a difficult one. Some couples, in an effort to keep things running smoothly, have perfected a style of distracted and detached lovemaking that doesn't nourish the relationship in the slightest. It's the sexual equivalent of empty calories.

It's this kind of unconnected experience that's portrayed in most porn. Pretty boring, really. I have this theory that if we had better sex, and by that I mean the heart-opening kind of sex that leaves you breathless, sometimes in tears, and fully known to each other, we'd be less likely to create havoc in our environment and in our world. Our relationships and families would be stronger, our approaches to each other kinder, and we'd be generally a lot more appreciative and joyous.

Not to date myself too terribly, but I remember thinking years ago that I couldn't care less who the president was having

sex with because I thought it would make him less likely to send us into war if he was happy sexually. Now, to be clear, I have no idea whether that blue dress scenario was connected to a deeply meaningful experience, though somehow I doubt it. I'm more inclined, actually, to opine that those of us who enjoy the finer and more intimate aspects of relationships probably have very little interest in running countries or multi-national corporations.

The act of loving is something that takes a lot of energy, though it's self-sustaining, for sure. Relationships don't feed themselves, and if we keep tossing metaphorical junk food at them, they'll die of malnutrition. Take a break from the distractions, the imagery flooding the media, and turn toward each other instead. It doesn't take much, but it does take purpose, it does take intention and it does take a free and open heart to win the real prize. ●

Melinda Myers is a Humboldt State University psychology lecturer, owner of Good Relations and a clinical psychologist practicing in Arcata. Information presented here is not intended to provide specific treatment advice. Consult www.ncamhp.org to find a licensed clinician who can help with individual concerns.

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THE AUTHOR WITH A BABY ON BOARD. PHOTO BY JON O'CONNOR

Summer of Baby Love

Hiking with little ones in tow

By Amy Cirincione-O'Connor

getout@northcoastjournal.com

Last summer was beautiful. I know because I watched each warm, blue-skied day from the couch in my living room. I have lovely French doors in my living room that open up onto my lovely backyard. On beautiful summer days, hummingbirds visit my jasmine vines and I can catch a glimpse of the bay if I stand on my tiptoes. But last summer, I sat on that couch almost 24 hours a day, nursing and rocking and trying to sleep with my newborn twins.

While marooned there, I kept tabs on the beautiful summer through the French doors and social media. You all did a wonderful job documenting your floats on the river, farmers market bounty, festivals and trips to wineries. Thank you very much

for rubbing it in. I consoled myself with the hope that next summer the boys would be old enough to handle adventures. They would be somewhat ambulatory, somewhat weaned, and we would *get the hell out*.

Next summer is now here. And I am committed to meeting the lofty goals I set while mad with sleep deprivation.

Adventure No. 1: Hiking

OK, I actually did get out a little last summer; with the help of family members and a stroller, I walked the twins through a few accessible trails in Humboldt Redwoods State Park. The walks were buggy, muggy, brief and exhausting. They were glorious. But they did not count as hiking.

To actually hike on my favorite trails with two babies, I gear up. My second favorite hiking set-up with the twins is a Kelty Journey (a lightweight child carrier pack) on the back and an Ergo carrier on

the front. It's kind of sweaty, but it disperses weight well and the boys love the views. My favorite set-up is hiking with another person, so I only carry one boy on my back in the Kelty and the other goes in the Ergo on my friend or husband's back. Carrying only one baby is awesome.

My requirements for baby-friendly trails are:

1) Long enough to lull the boys to sleep, but not long enough for them to get ansty and start throwing stuff.

2) We end up somewhere on the trail where the boys can get out and run/crawl/swim around so they don't get ansty and start throwing stuff on the way back.

These trails are my favorites:

Ma-le'l Dunes: String together the Tsoutsgish, Dap Loop and Hout trails to get about a 1.5- to 2-mile loop. The highlight is the otherworldly expanse of dunes at the top of the Hout Trail, which to the twins is both an amusement park and all-you-can-eat buffet.

Rohner Park Forest: There are about 2 miles of easy trails in the heart of Fortuna's Rohner Forest. The trees aren't spectacular, but the trails get quiet and the trailhead is adjacent to one of the best playgrounds in the county, a train museum and a big lawn. The holy trinity, people.

Trinidad State Beach: The Mill Creek Trail meanders along wooded bluffs to Elk Head and Megwill Point for 1.5 miles. You actually can take a stroller on this hike, but if you wear your kid instead, you can scramble down to College Cove to let them go free range. Bonus points: Stop at the Lighthouse Grill on the way home and feed the kid a mashed potato waffle cone. It will be beautifully, adorably disgusting. And a huge mess. Smile sweetly at your server, tip generously and then cut out.

Adventure No. 2: Biking

During my first trimester, one of the only times I wasn't nauseated was when riding my bike. So I was on my bike a lot. Then in my second trimester I got really wide and couldn't balance on my bike. I didn't get back on it until the boys were

9 months old and I scored a used double bike trailer on Craigslist. The twins hate the helmets but they love the views through the side window. Being in traffic with a wide, precious load makes me nervous, so I spend a lot of time on bike trails and side roads. Here's my round-up.

The Hammond Trail: This is seriously one of the best things about Humboldt County. Every time I'm on it, I'm amazed at how we're all just jogging, riding, walking and skating on it like it ain't no thang to be overlooking the Pacific Ocean. There are two little hills on the trail, which are no big deal unless you're lugging two fat-ass babies up with you. Still totally doable. The playground at Hiller Park and the beach at Mad River County Park, just down the road from the trailhead, are perfect baby rest stops.

The Bottoms: Both the Ferndale and Arcata Bottoms are ideal "baby on board" biking terrain — flat, low traffic and decent shoulders. Plus you can ride for miles and still be relatively close to town in case you have a tire/diaper blowout.

I rode the Arcata Bottoms from the Mad River Beach boat ramp out Lanphere Road to the dunes (if you have a permit for the Lanphere Dunes from Friends of the Dunes you can continue past the gate into the use area) with your friend towing a baby. The 13-mile loop was perfect for us, but it's easy to continue down Jackson Ranch Road for a longer ride.

In **Ferndale**, you can head north from Main Street and take side streets to Port Kenyon Road, Meridian Road and Centerville Road until you end up back in town for a ride that's just short of 10 miles. If you want more miles and hills, you can continue west on Centerville Road instead of heading back to town and let the little guys run wild on Centerville Beach.

We started small here, but the summer is young and I'll keep you posted as the boys get farther and farther out. If you've had a particularly good adventure with your kids that you'd like to share, let me know. Or I'll just check your Instagram. ●

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The Big Picture at Street Level

Wheatpaste posters grace Arcata alley

By Gabrielle Gopinath

artbeat@northcoastjournal.com

THE ALLEYWAY GALLERY OUTSIDE
NORTHTOWN BOOKS.
PHOTO BY GABRIELLE GOPINATH

Arcata punches above its weight when it comes to art. We've witnessed the debut of Lush Newton's monumental polka-dotted equestrian sculpture and a paradigm-shifting traffic installation that boldly confronted local motorists' world-views. Now a fresh crop of wheatpaste posters has sprouted near the plaza. Next time you find yourself on H Street, sashay down the alley next to Northtown Books and check out the photographs there.

The site is central, but it can be surprisingly quiet — contemplative even. On a recent weekday the strip was bare except for a few tangerine-colored poppies pushing up between the cracks, a blasé seagull and the random street flotsam of an unmated latex glove and an empty fifth of Crystal Palace vodka. It was a good place to look at art.

Large printouts of 26 black-and-white photographs are pasted in the alley. Portraits and nature scenes predominate. A pin-up vamps; a nude man stands in graceful contrapposto. Another man regards us from a grove of flowering trees. Two boys and a girl stand together in a forest. Some images seem almost meme-ready. In one picture, two cheetahs nuzzle; in another, a dog lunges straight at the camera. There's a shot of hands releasing butterflies into velvety darkness.

Many of these pictures seem self-consciously photographic, in the sense that they call attention to the camera's super powers: the array of literally inhuman proficiencies that experimental filmmaker Stan Brakhage called the "camera eye." There is an extreme close-up, an image that appears to have been shot underwater, and one that uses a long exposure to capture a pyrotechnic afterimage.

A query at Northtown Books led

to Daniel Southard, the Arcata-based photographer who gained permission to install the show. Southard said the exhibit was inspired by a public display of photographs titled *The Big Picture*, which he saw in Denver this spring. That exhibition, curated by artist Mark Sink, used walls around the city to show a selection of photographers' work for Denver's inaugural Month of Photography. The show was a popular success, and the concept spread.

Southard took the initiative to bring the project to Arcata. Sink gave him access to an archive of "amazing images" submitted for display, along with wheatpaste instructions. (Only two of the images in the alley are Southard's; the rest were submitted.) Southard directed the installation with help from others, notably Kathleen Hemeon, who helped curate the images.

Southard says he sees himself more as a photographer than a street artist, although he appreciates public display and the advantages it holds in reaching a diverse demographic.

"Galleries have closed doors much of the time. They generally are not places you can come in with screaming kids, or bring a backpack or a dog," Southard said. "I do not want to denigrate the important work that galleries do — I consider them indispensable — but they are not places where everyone feels comfortable. This way of showing art opens the world of fine art photography to the most general public imaginable." Southard added, "I tried to ... improve and beautify the alley, while honoring the atmosphere that the place already has."

In fact, the original images go through some intriguing changes when presented in this street-level mode. The printer yields a surprisingly high-quality image characterized by velvety grain and



dramatic tonal range. The texture of the brick wall shows through the paper. Pale wheatpaste drips from the lower margins.

When artists paste flyers in public, they usually have a message to convey. Wheatpaste flyers have been an important medium for political street artists and those addressing close-knit subcultures — think of Raymond Pettibon's flyers for the Los Angeles punk scene, or skateboarding images by Barry McGee in the early 1990s. But these pictures go against such expectations, delivering no politicized messages.

Furthermore, while wheatpaste flyers have commonly been associated with hard-nosed realism, many of these images are beautiful and aestheticized. The people in the photos are young and attractive. Many seem to exist in serene harmony with an unblemished, Edenic nature. You scan these pictures in vain for grit, strife, or rubbish — or for any allusion to the screens and media filters that structure so much of our lives. It's fair to say that this archive offers a pleasing vision of the

world as we might wish it looked — not the way it really does.

Even if the *Big Picture* images didn't start out as traditional street art, they have sort of evolved into that condition, sparking dialogue with taggers, bystanders and aimless doodlers of all kinds. One anonymous commenter urges us to support transgender people's rights. Some literalist used blue marker to outline the body of a girl in a bikini top. Graffiti writers Sharky, Yawns and Moron have tagged the zone. And a smoker's portrait has been rather fabulously glossed by an appropriately placed real cigarette burn. It's going to be interesting to watch this interaction unfold over the images' lifespan.

Southard is planning more exhibitions in Arcata, Eureka and beyond, raising donations and accepting submissions from local photographers. Business owners, contact him if you have walls that may be ripe for wheatpaste imagery. You can see Southard's own work and learn more about the project at www.drfsoto.com. ●

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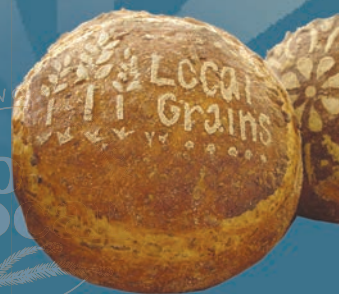
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By Jennifer Savage

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Your taste in music says much about your personality – to which you may respond, “Duh.” But science confirms what the average clubgoer may already assume. A study on this matter, by UK-based Heriot-Watt University, is a couple years old but intriguing nonetheless. Find yourself below.

Festival alert!

Folk fans have high self-esteem, are creative, outgoing and at ease

The Humboldt Folklife Fest kicks off Saturday, July 11, continues through the week with nightly themed events, then culminates in the all-day free fest. All the fun happens in Blue Lake. See www.humboldtfolklife.org for the full schedule and associated details.

Reggae fans have high self-esteem, are creative, outgoing, gentle, at ease, and not hardworking

As you may know, Thursday, July 30 through Sunday, Aug. 2 is the 31st anniversary of the one-and-only **Reggae On The River** near Piercy. Please see www.reggaeontheriver.com for info and your ticket needs – you high self-esteem folks will want to explore the new “Ambassador Pass.” And, despite your not-hard-working ways, if you want to make plans to do things in style with an RV, spaces are very limited, so don't delay making arrangements.

Dance fans are creative and outgoing but not gentle

The **Trinity River Jamboree** near Weaverville features reggae, funk and dance music Friday, Aug. 7 through Sunday, Aug. 9 with nearly 50 live bands and DJs on two stages, 60 local crafters, an interactive kids' zone, yoga/wellness workshops, river floats, a silent disco, field day games and a photo scavenger hunt. You creative, outgoing people will appreciate how TRJ celebrates community building experiences in an idyllic natural setting. Free booth space is available for local nonprofits. Lineup and more info at www.trinityjam.com.

Thursday

Indie fans have low self-esteem, are creative, not hardworking, nor gentle

Pocket Panda, reputed to be the smartest band in Seattle, is on the road in support of its new record, *This Arrangement of Molecules*. My low self-esteem and I have been listening to it all morning. It's the kind of music that you can put on and think you'll do other things because the songs are soft and unobtrusive, yet you find yourself compelled to listen. Take your creative, lazy self to the Little Red Lion. (This is a good time to remind you that I did not create these genre-personality descriptions; *SCIENCE DID*.) But even if we listeners aren't hardworking, the members of this band are. Pocket Panda founder **Eric Herbig** was first immersed in art through ballet at age 4, according to the band's bio, which continues on to say, "His mother dreamt of having her child become a world class dancer, but Herbig resisted and they settled on piano (which, given his infatuation with Seattle's rock scene, soon segued into guitar). Tragically, Herbig's mother would succumb to a rare, fatal neurological disorder. At her funeral a speech was read, in which, as her dying wish, she commanded that he go to graduate school and study molecular biology." And Herbig honored his mother's wishes – but kept playing music at night. After six years and "over 2,000 Craigslist posts," Pocket Panda was created with **Jordan, Chris Allen, Mike Waller** and **David Cho**. Please note, they have among them a combined 11 degrees – including Herbig's Ph.D. in molecular biology. Expect the show to start sometime after 9 p.m. and have some cash on hand for the band.

Friday

Country and western fans are hardworking and outgoing

I mean, c'mon – this show will be stupid fun. Not that **The Bottom Dwellers** are stupid – far from it! – but you'll

be having so much fun immersed in songs ranging from gritty twang to creepy ballad, your mouth will likely spend the evening permagrimmed to the gills. Take a break, you hardworking thing, and get yourself to the Sanctuary, 8 p.m., all ages, \$10.

Soul fans have high self-esteem, are creative, outgoing, gentle and at ease

OK, so **The Nucleus** isn't "soul," exactly, but "funky awesomeness" does not seem to be a researched genre. And I think "creative, outgoing, gentle, and at ease with getting booties shaking on the dance floor" describes the band well enough to work for their fans, too. These guys don't play together much, so here's your chance to get your outgoing self out. Free! Show at 9 p.m. at Jambalaya, 21-and-over. **The High Life** and **Jam Collective** also perform.

Saturday

Rock fans have low self-esteem, are creative, gentle, at ease, and not hardworking, nor outgoing

Rock fans — we get no respect here! Fortunately, sorrows can be joyfully drowned to the fine sounds of A-town rock'n'rollers **Nipplepotamus** at the Alibi. Music at 11 p.m. and the cover's only \$2. Good thing, as you're obviously not working hard enough to earn much. See you over cheap drinks. Oh, and 21-and-over, natch.

Sunday

Indie fans still have low self-esteem ...

I don't even know who books the Little Red Lion, but whoever this mysterious genius is, he or she is bucking the *scientifically based* indie fan personality trend. In this case, the Southern-psych flavored **Ancient River**, whose music I just found myself so lost in that I had to double check and make sure I hadn't accidentally gotten high. Nope, just lounging in the dreamy daze of *Keeper of the Dawn*. These guys are not small time. The fact you can see them in that tiny, quirky gem of a bar, well, even you deserve that treat; don't let your low self-esteem tell you otherwise. The joint's 21-and-over, obv, and the music should start around 10 p.m. No word on the cover, so load up with some cash and be prepared to buy some merch.

Classical fans have high self-esteem, are creative, introverted and at ease

The Holy Trinity Church of Trinidad



WHO: Ancient River **WHEN:** Sunday, July 12 at 10 p.m.

WHERE: Little Red Lion **TICKETS:** TBA

turns 141 years old this year and at 3 p.m., in celebration, an ensemble of string and oboe musicians will perform the music of Handel, Bach and Beethoven. Cellist **Peter Kibbe** of Los Angeles is the featured guest, along with recent-arrival-to-Humboldt, composer and conductor **Michael Kibbe**, who will world premiere his ode to oboes, *Obo-dacious*. Local musicians and members of the Eureka Symphony **Erika Blackwell, Julie Fulkerson, Sherry Hanson, Don Morris, Kit Morris, Vanessa Kibbe, Ellen Weiss** and **Kira Weiss** complete the ensemble. Call 845-1125 to reserve a seat. A \$15 donation is suggested. All ages.

Monday

Pop fans have high self-esteem, are hardworking, outgoing and gentle, but are not creative and not at ease

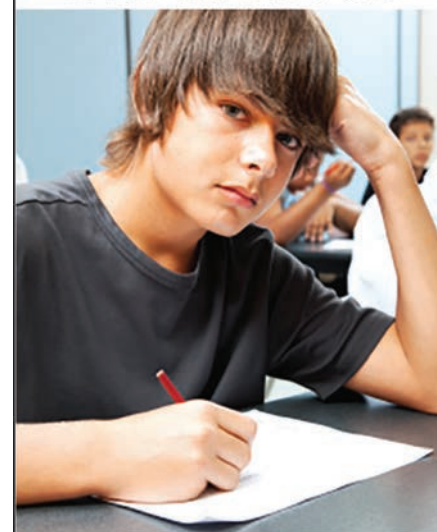
Oh, this isn't really chart pop, but then again, these so-called personality analyses are starting to feel more like fortune cookie readings than the sort of deep examination of our psyches for which we long. (Or maybe that's just me.)

Anyway — this show should be weird and heavy and good with the avant-indie, Boston-based **Bent Knee**, ambient jamminess of Hendo's **Deep Dark Light**, and **The Fairy Rings**, a bunch of dudes that don't own motorbikes and are all like 12 years old (maybe slightly older), but rock out like some kind of background band at a 1960s-version of *Sons of Anarchy*. At the Siren's Song Tavern. All ages, 9 p.m., no cover as advertised, but bring some cash to throw in the hat.

Etc.

Full show listings in *the Journal's* Music and More grid, the Eight Days a Week calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com. ●

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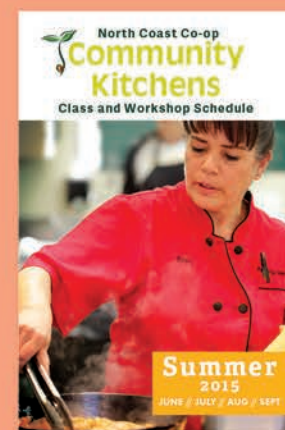
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THE QABILI PILAU OF FAMILY LEGEND.
PHOTO BY JADA CALYPSO BROTMAN.

By Jada Calypso Brotman

tabletalk@northcoastjournal.com

Wouldn't it be wonderful if there was an Afghani restaurant in town? My father has some good stories from his 1966 visit to Afghanistan, mostly about food. Despite, or because of, the very high temperatures, the streets of Kabul were lined with tea vendors selling little cups of very hot sweet tea. I fantasize about what was apparently a popular dish: a bowl of fresh thick cream with equally fresh naan to dip in it. There is no way that's not good.

Another dish, which I fondly refer to as "meat pyramid" turns out to be the national dish of Afghanistan. My father used to make it on occasion and it is one

Pyramid Scheme

Afghani spiced meat and rice

of my favorites. It has a real name, which is less fun but more beautiful: *qabili pilau*. We always used to feel virtuous after having it, because it's 90 percent rice to 10 percent meat, so you feel like you're eating the way the rest of the world does. Of course, white rice is theoretically bad for you now — somehow 1.35 billion Chinese have it wrong — so I make

it with brown basmati rice, which is just as delicious. My father always made it with basic steamed rice, but upon investigation I discovered that traditionally the rice is often cooked with extra delicious things like meat stock and sugar to make it a pilau. I'm positive it's even more fantastically delicious, but my Californian sensibilities balk at quite so much indulgence. After all, the meat is already very rich, and the carrots and raisins are sweet enough. But by all means, investigate the multitude of richer, sweeter varieties. My dad also recalls the meat being spicy and adds extra pepper flakes.

The genius of this dish is making much with little. By using a fatty meat — lamb — and cooking it with lots of spices, you have a result that is hyper-flavorful. It's served on a rice mountain (we make a

pyramid), and sprinkled with fresh and sweet tasting carrots and raisins. The intense piquancy of the meat is muddled with the vegetable and then dispersed with lots of rice, so a tiny bit of meat goes a long way. It's a very thrifty dish, which is partly why it appeals to my abstemious sensibilities. It's also visually appealing. Most importantly, it's delicious. The flavors are not entirely un-relatable — the spices are familiar — but the combination is unique with the carrots and raisins. Savory City. This dish really is one of my favorites.

Qabili Pilau

Serves 4

Ingredients and method:

2 cups brown basmati rice, Afghani rice, or other variety
 2/3 pound lamb, finely chopped by hand
 2 small yellow onions, finely chopped
 3 cloves garlic, minced
 1/4 cup vegetable oil (olive is good)
 2 teaspoons salt
 3 carrots, grated
 1/2 cup raisins
 1 tablespoon oil, for the carrots
 2 teaspoons cumin
 1 teaspoon cardamom
 1/2 teaspoon cinnamon
 1/2 teaspoon ground black pepper
 1/2 teaspoon turmeric
 1/2 teaspoon hot pepper flakes

optional: 1/2 teaspoon brown sugar, 1 teaspoon vegetable oil

Prepare the rice according to instructions and set it aside.

In a medium, heavy-bottomed saucepan, heat the oil over medium heat. Sauté the onion and garlic for 2 minutes. Salt and brown the lamb in the saucepan, turning the heat up to medium-high. Add the spices and cook for 1 minute. Add about a 1/2 cup of water, cover the pot and reduce the heat to medium, cooking for 15 minutes. Check occasionally and add a little water as needed to keep it from burning. It is not a soup, so don't add much, but just enough to keep from sticking.

Heat your oven to 500 F.

Meanwhile, in another pan, heat the tablespoon of oil and lightly fry the carrots for 5-7 minutes. Move them to the edges of the pan and do the same for the raisins until they begin to plump. Remove the pan from heat, drain and set aside. Sprinkle the mixture with a pinch of the cardamom. (My father never fried the carrots and raisins, and instead only softened the raisins in hot water for 5 minutes. Both methods are good — raw is fresher and crunchier, cooked is mellower/richer.)

Drain the meat, being sure to save the liquid to add it to the rice. (Again, my father served the rice plain, but the following, with its extra steps, is the more traditional and luxurious method.) Taste the meat to see if needs salt or more spice.

Mix the juices from the meat into the rice. In a roasting pan or casserole, use a spoon back or your hands to shape the rice into a pyramid or a mountain. Bake it for 12-15 minutes. Remove the pan from the oven and pile on the meat, then the carrots and raisins. Serve and enjoy.●

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THE ALIBI 822-3731 744 Ninth St., Arcata			Nipplepotamus (rock) 11pm \$2		
ARCATA THEATRE LOUNGE 1036 G St., 822-1220	Ocean Night ft. <i>What The Sea Gives Me</i> (film) 7pm \$3			<i>Mary Poppins</i> (film) 6pm \$5, All Ages	[W] Sci-Fi Night ft. <i>Manos</i> (film) 7:30pm Free w/\$5 food/bev,
BLONDIES 822-3453 420 E. California Ave., Arcata	Open Mic 7pm Free	Kali Ra, BeTh Bell Band, DJ Positive Idiaz (pop, electro, glam) 7pm \$5	Johnnie Angel 9pm TBA	Jazz Night 7pm Free	[M] Quiz Night 7pm Free [T] Human Expression Night 7pm Free [W] Snail Mate (punk) 9pm Free
BLUE LAKE CASINO WAVE LOUNGE 668-9770 777 Casino Way	Karaoke w/KJ Leonard 8pm Free	Mojo Child (Doors tribute) 9pm Free	Dr. Squid (dance hits) 9pm Free	Karaoke w/KJ Leonard 8pm Free	
CENTRAL STATION 839-2015 1631 Central Ave., McKinleyville	Open Mic w/Jimi Jeff 8pm Free	Karaoke w/Rock Star 9pm Free			
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		The Undercovers (covers) 9pm Free	Mojo Child (Doors tribute) 9pm Free	Karaoke w/Chris Clay 8pm Free	[T] Karaoke w/Chris Clay 8pm Free
CHINA CREEK COTTAGES 530-629-3355 40526 State Highway 299, Willow Creek	Trinity Alps Chamber Music Festival 9pm Free				
CLAM BEACH INN 839-0545 4611 Central Ave., McKinleyville		Kindred Spirits (bluegrass) 10pm Free			
CRUSH 825-0390 1101 H St. #3, Arcata			Jim Silva (acoustic guitar) 7pm Free		
DELL'ARTE'S BIG TOP TENT 131 H St., Blue Lake 668-5663					[W] Vanishing Pints, Bayou Swamis, Absynth Quartet 5:30pm \$10, \$8
DELL'ARTE'S CARLO THEATRE 131 H St., Blue Lake 668-5663					[M] Jan Bramlett, Dominic Romano, Sam Whitlach 7pm \$7, \$5 [T] Low Notes, Business Casual 7pm \$7, \$5
FIELDBROOK FAMILY MARKET 4636 Fieldbrook Road, 839-0521		Friday Night Music 7pm Free	Acoustic Night Saturdays 6pm Free		
HUMBOLDT BREWS 826-2739 856 10th St., Arcata				Nathan Moore, Jay Cobb Anderson (Americana) 9pm \$15	
HUMBOLDT MACHINE WORKS 937 10th St., Arcata, 826-WINE	Roots & Culture Reggae 9pm Free				[W] Salsa! (lessons + dance) 9pm \$5



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venue	thur 7/9	fri 7/10	sat 7/11	sun 7/12	m-t-w 7/13-15
JAMBALAYA 822-4766 915 H St., Arcata		Nucleus Reunion Show (w/The High Life Band, Humboldt Jam Collective 9pm Free		DGS Sundaze (EDM DJs) 9pm \$5	[M] The GetDown (funk) 9pm [T] Savage Henry Comedy 8pm \$5 [W] The Whomp (DJs) 9pm \$5
LIBATION 825-7596 761 Eighth St., Arcata	Claire Bent (jazz) 7pm Free	Duncan Burgess (solo guitar) 6pm Free	Randles, Labolle & Amirkhan (jazz) 7pm Free		[T] Buddy Reed (blues) 7pm Free
LIGHTHOUSE GRILL 677-0077 355 Main St., Trinidad				Dee Hemingway and Eric Hann (jazz) 6pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake	Trivia Night 8pm Free	Miracle Show (Grateful Dead tribute) 9pm Free	Silver Hammer (Beatles tribute) 8pm Free	Potluck (food) 6pm Free	[M] Noah Penley, Georgia Ruth, et al. 9:30pm Free [T] Brian Post 9:30pm Free [W] Folklife Festival 9:30pm Free
MAD RIVER BREWERY 668-5680 101 Taylor Way, Blue Lake	The Delta Nationals (classic American) 6pm Free	Jenni & David & The Sweet Soul Band (funky blues) 6pm Free	Humboldt Folklife Festival Kick-off Party w/ SpinDrifters, Clean Livin' 6pm Free	Lizzy and the Moonbeams (originals) 6pm Free	[T] For Folk Sake (folk) 6pm Free
NORTHTOWN COFFEE 633-6187 1603 G St., Arcata		Open Mic w/Jeremy Bursich 7pm Free			
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelson 8pm \$5
REDWOOD CURTAIN BREW 550 South G St. #6, Arcata 826-7222	RLA Band with Paula Jones (jazz) 8pm Free	Absynth Quartet (jam grass) 8pm Free	The Georgia Handshakers (country, rock, blues) 8pm Free		[W] Pints for Land Conservation w/Kingfoot (Americana) 8pm Free
RICHARDS' GOAT TAVERN 401 I St., Arcata 630-5000			Whatever Forever w/DJ Pandemonium Jones 8pm Free		[T] Taco Tuesday Dance Party w/Gabe Pressure & Zero Juan (DJ music) 8pm Free
THE SANCTUARY 822-0898 1301 J St., Arcata		The Bottom Dwellers (Americana) 7:30pm \$5-\$20 sliding			
SIDELINES 822-0919 732 Ninth St., Arcata	Rudelson Sound (DJ) 10pm TBA	DJ Music 10pm TBA	Sidelines Saturdays w/Rudelson 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville			DJ Dub (DJ music) 2pm-7pm Free, SHITS Stand Up Comedy 9pm \$5	Trivia Night 8pm Free	[M] Karaoke w/DJ Marv 8pm Free
TOBY & JACKS 822-4198 764 Ninth St., Arcata		Hip-hop DJs 9pm Free	DJ Music 10pm Free		[W] Reggae Wednesdayz w/Rudelson 10pm Free
TRINIDAD TOWN HALL 677-0223 409 Trinity St., Trinidad			Alan Hager-Dave Fleschner Duo (roots, blues, ragtime) 7pm \$10-\$15 sliding		

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BAR-FLY PUB 443-3770 91 Commercial St., Eureka		Bar-Fly Karaoke 9pm Free	DJ Saturdays (DJ music) 10pm Free		[W] Bar-Fly Karaoke 9pm Free
BEAR RIVER CASINO 733-9644 11 Bear Paws Way, Loleta	Karaoke w/Chris Clay 8pm Free	Blacksage Runners (rock, blues, funk) 9pm Free	Cliff Dallas and the Death Valley Troubadors (outlaw country) 9pm Free		
BENBOW INN 923-2124 445 Lake Benbow Drive, Benbow	Paco Martin and Friends (Latin music) 6:30pm Free	Paco Martin and Friends (Latin music) 6:30pm Free			[T, W] Paco Martin and Friends (Latin music) 6:30pm Free
C STREET MARKET SQUARE Foot of C St., Eureka	Summer Concert Series w/ Decades (nostalgic rock and roll) 6pm Free				
CAFE NOONER 443-4663 409 Opera Alley, Eureka	Zac Grooms (country) 6pm Free				
CALICO'S CAFE 923-2253 808 Redwood Drive, Garberville			Frisky Brisket (violin, guitar) 7pm Free	Jen Tal and The HuZBand (acoustic duo) 6:30pm Free	
CECIL'S BISTRO 923-7007 773 Redwood Drive, Garberville		Joani Rose & Trio (jazz) 7:30pm Free			
CHAPALA CAFÉ 443-9514 201 Second St., Eureka		The Tumbleweeds (cowboy) 6-8pm Free	The Tumbleweeds (cowboy) 6-8pm Free		
CURLEY'S FULL CIRCLE 786-9696 460 Main St, Ferndale					[W] Open Mic 6pm Free
EMPIRE LOUNGE 798-6498 415 Fifth St., Eureka					[W] Karaoke at the Cantina 6pm \$2 All Ages
EUREKA INN PALM LOUNGE 518 Seventh St. 497-6093					[M] Brian Post & Friends (jazz) 9pm Free [T] The Overstimulators! (blues comedy) 9pm Free [W] Comedy Open Mikey 9pm Free
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Irish) 6pm Free	Pappa Paul (folk) 6pm Free		Open Irish/Celtic Music Session 3pm-6pm	



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SATURDAY, JULY 11TH | 7PM

- 7.10 BLACKSAGE RUNNERS
Rock/Blues/Funk
- 7.11 CLIFF DALLAS
& THE DEATH VALLEY TROUBADORS
Outlaw Country
- 7.17 LIGHTNING BOOM
PRODUCTIONS
Dance
- 7.18 THE ROADMASTERS
Country & Western
- 7.24 HOT RODS
Oldies
- 7.25 HOT RODS
Oldies
- 7.31 JENNI AND DAVID
& THE SWEET SOUL BAND
Blues

Thirsty Bear
LOUNGE



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venue	thur 7/9	fri 7/10	sat 7/11	sun 7/12	m-t-w 7/13-15
HALVORSEN PARK Waterfront Drive, Eureka			The Movers and The Shakers (rock, blues, funk) 5:30pm Free		
LIL' RED LION 444-1344 1506 Fifth St., Eureka	Pocket Panda (indie rock) 9pm Free		Karaoke w/DJ Will 8pm Free	Ancient River (Southern- psych) 10pm Free	
MATEEL COMMUNITY CTR. 59 Rusk Lane, Redway 923-3368			Wild and Scenic Film Festival 5pm \$20		
MORRIS GRAVES MUSEUM OF ART 636 F St., Eureka 442-0278		Trinity Alps Chamber Music 7pm Free			
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600					[W] Open Mic w/Mike Anderson 7pm Free
PEARL LOUNGE 444-2017 507 Second St., Eureka	Pressure Anya Dirty Thursdays (DJ music) 9pm Free	D'Vinity (DJ Music) 10pm Free	Itchie Fingaz (DJ music) 10pm Free		
PERSIMMONS GALLERY 923-2748 1055 Redway Drive, Redway	Winona Wilde (folk) 7:30pm Free	Art Reception w/Off The Chart (jazz) 7pm Free			[W] Laura Thurston (Americana) 7:15pm Free
SHAMUS T BONES 407-3550 191 Truesdale St., Eureka		Hot Summer Nights (DJ music) 10pm Free			
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778					[M] Bent Knee, Deep Dark Light, The Fairy Rings (indie) 9pm TBA [T] The Opera Alley Cats (jazz) 7:30pm Free [W] No Covers and USGGO (jazz) 7pm Free
THE SPEAKEASY 444-2244 411 Opera Alley, Eureka		Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 10pm Free		
SPRINGVILLE STEAK 320 Main St., Fortuna 725-3700		Anna Hamilton (blues, ballads) 6pm Free			
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950					[M] Jeffrey Smoller (jazz, instrumental guitar) 6pm Free

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LIVE AT MGM GRAND

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**EveryBody Deserves a
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Receive a massage between July 12th & 18th to support
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We will donate 25% of
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Arcata Fire District.

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Lighted Boat Parade Cruise on THE MADAKET

Become part of the celebration
of **Relay For Life's 30 years** of
fundraising efforts to end cancer.
The parade will travel down the
Eureka Waterfront between Woodley
Island Marina and Halvorson Park.
All types of other vessels will be joining.

July 11
(707) 445-1910 8:15 PM - 9:45 PM
Book now at: humboldtbymaritimemuseum.com

Learn where the wild things are (and aren't) at the **Wild and Scenic Film Festival** at the **Mateel Community Center** on **July 11 at 5 p.m.** (\$20, \$15). The festival features *Brilliant Darkness: Hotaru in the Night*,

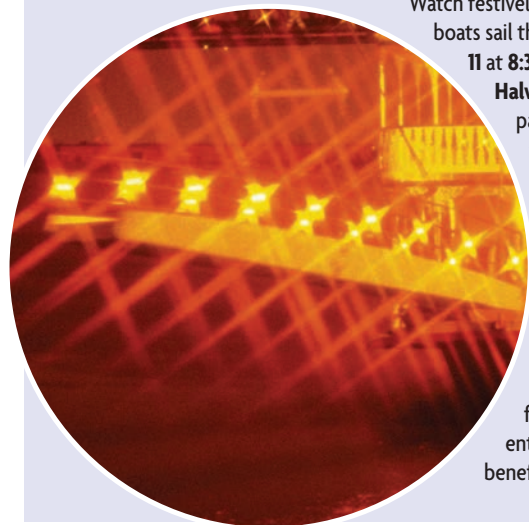
about fireflies and how to live among wildlife in urban settings, as well 10 other films, an auction, raffle, food and speakers, including *Journal* contributor Jennifer Savage.



A day to celebrate community, **Loleta's Swauger's Station Day Barbecue** (which bears the town's original name) serves up deep pit barbecue, bluesy tunes by Anna Hamilton, a Dutch auction and more. Get your swauger on **Sunday, July 12 at Thomas Carr Park.** (\$12, \$6 kids 12 and under).



Watch festively festooned boats sail the bay on **July 11 at 8:30 p.m.** in **Halvorsen Park** as part of the Relay for Life event this weekend (free). At the **Lighted Boat Parade**, boats compete under the theme "Happy Birthday Relay" for prizes (\$20 to enter). All proceeds benefit Relay for Life.



GO 8 DAYS A WEEK

9 thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. \$5. 442-0309.

BOOKS

Thursday Afternoon Book Club. Second Thursday of every month, 12-1 p.m. Eureka Main Library, 1313 Third St. Fun and lively discussion group focusing on adult fiction and nonfiction. Call ahead for upcoming titles. Free. www.humlib.org. 269-1905.

MOVIES

Ocean Night. 7 p.m. Arcata Theatre Lounge, 1036 G St. Featuring *What the Sea Gives Me*, a feature length documentary. \$3. www.arcatatheatre.com. 822-1220

MUSIC

Summer Concert Series. 6 p.m. C Street Market Square, Foot of C Street, Eureka. Open-air music on Eureka's waterfront. Decades, nostalgic rock and roll. Free. www.eurekamainstreet.org

Trinity Alps Chamber Music Festival. 9 p.m. China Creek Cottages, 40526 State Highway 299, Willow Creek. Sit outside and enjoy this open air chamber music concert. Free.

Women Singing in Harmony. 6-8 p.m. Church of Jesus Christ of Latter-Day Saints, 2806 Dolbeer St., Eureka. A cappella chorus singing four-part harmony. All voice parts welcome. Drop by to listen or sing. Free. 601-8219.

THEATER

One Man, Two Guvnors. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. Set in Brighton, England in 1963, the play follows Francis Henshall with two bosses and all kinds of gangster drama. \$15, Fri-Sun, \$10 Thurs. **Submarine Show.** 7:30 p.m. Dell'Arte, 131 H St., Blue Lake. Two men on a madcap journey from the ocean to the

sky and back. All ages. \$18, \$15, \$10 kids. info@dellarte.com. www.thesubmarineshow.com. 668-5663.

Sylvia. 8-10:30 p.m. Ferndale Repertory Theater, 447 Main St. A.R. Gurney's modern romantic comedy about a marriage and a dog. \$16, \$5. info@ferndale-rep.org. www.ferndalerep.org. 786-5483.

Terra Incognita. 9:30 p.m. Dell'Arte, 131 H St., Blue Lake. An international cast of actors, acrobats, clowns, aerialists, circus artists and athletes explore dynamic physical forces in our relationships and interactions. All ages. \$18, \$15, \$10 kids. info@dellarte.com. www.uplifttheatre.com. 668-5663.

EVENTS

Community Board Game Night. Second Thursday of every month, 7-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. osslnrcp@northcoast.com. www.baysidegrange.org. 444-2288.

Dell'Arte 40th Reunion Week. Blue Lake, Off State Route 299 Exit 5. Select performances from international alumni and the Dell'Arte Company, films, symposiums, special presentations and events as part of the school's celebration. Times, dates and locations TBD.

Mad River Festival. Blue Lake, Off State Route 299 Exit 5. Dell'Arte presents acrobatic shows, community pageants, drama, new company work, circus mayhem, dance performances, the Humboldt Folklife Festival and more.

FOR KIDS

Pre-School Storytime. 10-10:45 a.m. Trinidad Library, 380 Janis Court. Listen to stories and songs every Thursday morning. Different themes every week. Free. kmullen@co.humboldt.ca.us. 677-0227.

FOOD

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh local produce, straight from the farmer. www.humfarm.org. 441-9999.

MEETINGS

Humboldt Grange 501 Potluck. Second Thursday of every month, 6:30 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Grange Women's Auxiliary meets at 6 p.m., potluck at 6:30 p.m., Grange meeting 7:30 p.m. nanettespearschade@gmail.com. www.facebook.com/humboldt.grange. 443-0045.

Redwood Coast Woodturners. 6-8:30 p.m. McKinleyville Middle School, 2285 Central Ave. For anyone interested in the craft, featuring a winged bowl demo. Free. 499-9569.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

10 friday

ART

Arts! Arcata. Second Friday of every month, 6-9 p.m. Arcata Plaza, Ninth and G streets. Art, music and more art. Downtown Arcata and surrounding area. Free. info@arcatamainstreet.com. www.arcatamainstreet.com. 822-4500.

Nancy Shelby. 7-10 p.m. Persimmons Garden Gallery, 1055 Redway Drive, Redway. Meet artist, enjoy refreshments and music by Off The Charts. Free. persimmonsgardengallery@outlook.com. www.persimmonsgardengallery.com. 923-2748.

LECTURE

Why Birds Matter. 7:30-9 p.m. Eureka High School Lecture Hall, Corner of Humboldt and K streets. Redwood Region Audubon Society presents speaker Matt Johnson. Free. www.rras.org.

Historic Postcards. 7-8:15 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Jerry Rohde takes the audience on a paper tour of Humboldt County. Free. www.facebook.com/humboldt.grange.

MUSIC

The Bottom Dwellers. 7:30-10 p.m. The Sanctuary, 1301 J St., Arcata. Four-piece Americana band. \$5-\$20 sliding scale. thesanctuary.arcata@gmail.com. 822-0898.

Trinity Alps Chamber Music Concert. 7-9 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Baroque music on period instruments and works by Schubert and Mozart. Free. janine@humboldtarts.org. www.humboldtarts.org. 442-0278.

THEATER

All Night Cabaret. 10 p.m. Dell'Arte, 131 H St., Blue Lake. Talent abounds in this endless night of stage delight. Suitable for ages 12 and up. Donation. info@dellarte.com. <https://dellarte.com>. 668-5663.

One Man, Two Guvnors. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See July 9 listing.

Sylvia. 8-10:30 p.m. Ferndale Repertory Theater, 447 Main St. See July 9 listing.

Tapped Out: Ingenious Chambermaid. 7:30 p.m. Dell'Arte, 131 H St., Blue Lake. A re-imagining of Goldoni's original work with water influencing social alliances, marriages and fortunes. Ages 12 and up. Donation. info@dellarte.com. <https://dellarte.com>. 668-5663.

EVENTS

Dell'Arte 40th Reunion Week. Blue Lake, Off State Route 299 Exit 5. See July 9 listing.

Mad River Festival. Blue Lake, Off State Route 299 Exit 5. See July 9 listing.

FOOD

Garberville Farmers Market. 11 a.m.-3 p.m. Garberville Town Square, Church Street. Local farm-fresh produce, meats, cheeses, baked goods and other specialty foods. EBT, Cal-Fresh and WIC accepted. SoHumFM@Yahoo.com. 786-9460.

SPORTS

Humboldt B-52s Baseball. 7 p.m. Bomber Field, Redwood Acres, Eureka. The semi-professional team swings away. Vs. Santa Rosa Rosebuds (July 10-11), Redding Dodgers (July 12-14), Bercovich (July 16-18) \$5, \$3 kids under 10, free for kids under 4.

Humboldt Crabs Baseball. 7 p.m. Arcata Ball Park, Ninth and F streets. The oldest continuously operated summer collegiate baseball program takes the plate. Crabs vs. Fontanetti's Athletics (July 10-12), Bercovich Baseball (July 14-15) \$9, \$6 students and seniors, \$4 kids under 12. contact@humboldtcabs.com. www.humboldtcabs.com. 826-2333.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

11 saturday

ART

Arts on the Avenue. Second Saturday of every month, 6-8 p.m. Eagle Prairie Arts District, 406 Wildwood Ave., Rio Dell. Local artists, artisans, kids' activities and music all along the avenue. Music by Les Craig. Free. https://www.facebook.com/info.epad/info. 506-5081.

Blue Lake Art Night. Second Saturday of every month, 6-8 p.m. Blue Lake, Off State Route 299 Exit 5. Art, music and food at businesses around town. Free. bluelakestudio239@gmail.com.

July Open House. 5-8 p.m. Studio 299, 75 The Terrace, Willow Creek. Paintings by Mike Nelson and photographs by Margaret Wooden. Refreshments served. Free. www.studio299.tripod.com.

MOVIES

Wild and Scenic Film Festival. 5 p.m. Mateel Community Center, 59 Rusk Lane, Redway. Award-winning films, food and drink, guest speakers, raffle, silent auction and more. Benefits the Mattole Restoration Council and Lost Coast Interpretive Association. \$20, \$15. www.mateel.org.

MUSIC

Alan Hager-Dave Fleschner Duo. 7 p.m. Trinidad Town Hall, 409 Trinity St. A performance of American roots music, blues, ragtime, soul and original tunes. \$10-\$15 sliding. 677-9493.

THEATER

24-Hour, 10-Minute Play Festival. 7 p.m. Redwood Park, Arcata. Six original plays, 10 minutes each, all written in 24 hours. Free.

Frankenstein. 8 p.m. Dell'Arte, 131 H St., Blue Lake. Inspired by Mary Shelley's masterpiece centering around the terrors of piecing life back together. Ages 16 and up. \$18, \$15. info@dellarte.com. www.dangerousproductions.org. 668-5663.

One Man, Two Guvnors. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See July 9 listing.

Sylvia. 8-10:30 p.m. Ferndale Repertory Theater, 447 Main St. See July 9 listing.

EVENTS

Samoa All Bikes by the Bay. Samoa Drag Strip, Lincoln

Avenue and New Navy Base Road. Come for the bike show, stay for the games, food, drag racing and more. \$10, free for kids 12 and under. www.ubnchumboldt.com. 834-4826.

BBQ and Brew. 5 p.m. Greycliff Rodeo Grounds, Greycliff, Benbow. Goodies from the grill, micro-brew tastings, a silent auction and country music to benefit Heart of the Redwoods Community Hospice. \$25, \$12, free for kids under 5. 923-7276.

Dell'Arte 40th Reunion Week. Blue Lake, Off State Route 299 Exit 5. See July 9 listing.

Mad River Festival. Blue Lake, Off State Route 299 Exit 5. See July 9 listing.

Humboldt Folklife Music Festival. Blue Lake, Off State Route 299 Exit 5. A week-long jubilee featuring Annie and Mary Day, songwriter night, comedic performances by Dell'Arte, country and bluegrass performances, a barn dance and more.

Lighted Boat Parade. 8:30 p.m. Halvorsen Park, Waterfront Drive, Eureka. This parade coincides with the luminaria lighting ceremony at Relay For Life. It will travel in a loop from Eureka Public Marina to Halvorsen Park. Free to watch, \$20 to enter boat in contest. 442-9054.

Orick Rodeo. 11 a.m. Orick Rodeo Grounds, Hwy. 101. Events include bronc riding, barrels, bull riding, roping and more. TBA. www.orick.net. 601-4129.

Relay for Life. 11 a.m. Halvorsen Park, Waterfront Drive, Eureka. This 24-hour community walk/run to increase cancer awareness raises funds for the American Cancer Society. Free to attend. laura.read@cancer.org. www.relayforlife.org/EurekaCA. 951-0582.

Swauger Station Days Speeder Rides. 12-4 p.m. Loleta Fireman's Pavilion, Old Loleta Road. The Timber Heritage Association is offering speeder rides that run through town to the historic Loleta tunnel. \$8, \$7 seniors, \$4 kids ages 3-8.

FOR KIDS

Babies at the Library. Second Saturday of every month, 11 a.m.-noon. Trinidad Library, 380 Janis Court. Songs, rhymes and playtime for children ages 3 months to 2 years. Free. trihuml@co.humboldt.ca.us. 677-0227.

Discovery Museum Grand Opening. 10 a.m.-4 p.m. Discovery Museum, 612 G Street, Eureka. See the new play garden, kitchen and grocery store area along with a puppet theater and Lego Program. Free. www.discovery-museum.org.

Nature Story Time. 2-3 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. This program is geared for ages 3-6 and includes story time that focuses on the natural environment, followed by a fun and simple craft project. Free. info@friendsofthedunes.org. www.friendsofthedunes.org/news. 444-1397.

Story Time. Every other Saturday, 11 a.m. Rio Dell Library, 715 Wildwood Ave. Join us for stories, songs, and games for early readers and parents. Free. riohumml@co.humboldt.ca.us. 764-3333.

FOOD

Arcata Plaza Farmers Market. 9 a.m.-2 p.m. Arcata Farmers' Market (off the plaza), Eighth and I streets. Fresh vegetables and fruit from local producers, food vendors, plant starts and flowers every week. Plus, live music. Live music by Falling Rocks.

DQ Youth Produce. 9 a.m.-2 p.m. Dream Quest, 100 Country Club Drive, Willow Creek. Dream Quest offers a selection of local, mostly organic produce and more. dreamquestwillowcreek@hotmail.com. www.dreamquestwillowcreek.org. 530.629.3564.

Whole Grain Bakery Market. 10 a.m.-3 p.m. Lost Coast

continued on next page ►

Household Hazardous Waste Collection

McKinleyville July 18



See next week's Journal for details or call HWMA at 441-2005 for more information. www.hwma.net

"Heart of the Redwoods" Quilt Show

Redwood Acres

Saturday, July 18 10-5
Sunday, July 19 10-4
Weekend Pass
Adults 12 and over \$8
Seniors 60+ \$6
Children under 12 Free



- ♥ Over 300 Quilts
- ♥ Featured Quilters
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Melody of Diamond Light

Founded & Directed by Lama Lodu Rinpoche

LAMA LODU RINPOCHE'S TEACHING SCHEDULE IN ARCATA July 2015

FRIDAY July 17
7:30-9:30 pm
Teaching:
"TRAINING THE MIND TO FOLLOW THE AUTHENTIC DHARMA".
suggested donation: \$15

SATURDAY JULY 18
10 am - 12 noon
CHENREZIG EMPOWERMENT
Chenrezig is a bodhisattva who embodies the boundless loving-kindness and compassion of all Buddhas.
2 pm - 4 pm
EXPLANATION OF CHENREZIG SADHANA
suggested donation: \$40 for entire day

SUNDAY July 19
PRIVATE INTERVIEWS
with Lama Lodu Rinpoche.
Please call for scheduling 822-4756. **6PM** Lama Lodu Rinpoche will join us in practising **CHENREZIG SADHANA**



Since 1976 LAMA LODU RINPOCHE has been the resident teacher at Kagyu Drodren Kunchab Dharma Center in San Francisco. LAMA LODU is a Tibetan born in Sikkim in 1942. At the age of 8 Lama entered Rumtek Monastery, the seat of His Holiness of the 16th GYALWANG KARMAPA, the Supreme Head of the Kagyu lineage of Vajrayana Buddhism. LAMA LODU was also trained by His Eminence KALU RINPOCHE, the senior meditation master of the entire lineage. His Holiness the Karmapa has said, "We are fortunate to study and learn the nature of mind with Lama Lodu -- a Lama who has highly developed his inner practice."

All events take place at the Community Yoga Center
On the Plaza, 890 G St. Arcata,
Call 442-7068 for more information

Dorje Yang Drön
KDK Arcata Buddhist Group
MEETS EVERY SUNDAY 6:00 to 8:00 pm
FOR CHENREZIG PRACTICE. All are welcome.
Community Yoga Center 890 G Street, Arcata
See kdkarcatagroup.org or Lama Nyugu fierro_roman@yahoo.com (707) 442-7068 for questions

Café & Bakery, 468 Main St., Ferndale. Taste and browse baked goods and produce. Under the patio umbrella. Rain cancels. 601-0070.

GARDEN

Grass Removal Volunteers. 9 a.m.-1 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Help remove invasive spartina grass. Wear a long-sleeved shirt, work clothes and boots. Gloves, tools, snacks and beverages provided. Free. 822-2163.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Led by Elliott Dabill. Free. 826-2359.

Audubon Society Arcata Marsh Tour. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet the trip leader in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Tour leader Tristan McKee. Free. www.rras.org/calendar.

Dune Restoration. 9:30 a.m.-12:30 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Remove invasive plants to make room for native diversity. Tools, gloves and snacks provided. Bring water and wear work clothes. Free. info@friendsofthedunes.org. www.friendsofthedunes.org/news. 444-1397.

Hikshari' Volunteer Trail Stewards. 9-11 a.m. Hikshari' Trail, Elk River Wildlife Sanctuary, Eureka. Help clean up

and landscape. Please bring your own water and gloves if you have them. Rain or shine. Free. 444-2357.

Volunteer Marsh Cleanup. 9 a.m.-1 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Help remove invasive spartina grass from the Arcata Marsh and Wildlife Sanctuary. Please wear work clothes and shoes. Gloves, tools, snacks and beverages will be provided. Free. 825-2163.

Parent/Grandparent and Child Walk. 10 a.m. Redwood National Parks, Humboldt, Humboldt/Del Norte. Walk Trillium Falls Trail, a 2.8-mile loop through memorial redwood groves. Wear sturdy shoes and bring liquids and lunch. No strollers. Heavy rain cancels. Carpools meet at 9 a.m. Arcata Safeway parking lot. Free. www.nps.gov/redw. 268-8767.

Volunteer Resortation Day. March 8, 9 a.m. Patrick's Point State Park, 4150 Patrick's Point Drive, Trinidad. Help remove English ivy, a moderate activity. Wear sturdy shoes. Gloves and tools are provided. Free. Michelle. Forys@parks.ca.gov. 677-3109.

SPORTS

Drag Racing. 9 a.m.-4 p.m. Samoa Drag Strip, Lincoln Avenue and New Navy Base Road. Summit Series Race #6 featuring a special slant-6 class in conjunction with Samoa All Bikes by the Bay. \$10, free for kids under 12. www.samoadragstrip.com.

Humboldt B-52s Baseball. 7 p.m. Bomber Field, Redwood Acres, Eureka. See July 10 listing.

Humboldt Crabs Baseball. Arcata Ball Park, Ninth and F streets. See July 10 listing.

Humboldt Roller Derby. 6 p.m. Redwood Acres Fairgrounds, 3750 Harris St., Eureka. Double header with HRD Widow Makers vs. HRD North Jetty Bettys and HRD's Redwood Rollers vs. Central Coast SK805. \$12 advance, \$15, kids 10 and under free. www.redwoodacres.com.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See July 10 listing.

ETC

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

12sunday

ART

Art of the Theater Day. 1-4 p.m. Eureka Theater, 612 F St. Be inspired by old movie posters, spare parts and other theater memorabilia and make a piece for Art of the Theater Day in November, 2015. Free. www.theeurekatheater.org.

Art Reception. 3-5 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Reception for Ivan Soto's insect photography show. Free.

Trinidad Artisan's Market. 11 a.m.-3 p.m. Trinidad, Downtown. Local artisans present their arts and crafts. Enjoy live music each week at noon and barbecue. Free.

MOVIES

Mary Poppins. 6 p.m. Arcata Theatre Lounge, 1036 G St. The 1964 Disney classic about a nanny who reconnects a family. \$5. www.arcatatheatre.com. 822-1220.

MUSIC

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 442-0156.

Obo-dacious. 3 p.m. Holy Trinity Church, PO Box 330, Trinidad. An ensemble of string and oboe musicians perform the music of Handel, Bach and Beethoven. \$15 suggested donation. 845-1125.

THEATER

Frankenstein. 4 p.m. Dell'Arte, 131 H St., Blue Lake. See July 11 listing.

Sylvia. 2-4:30 p.m. Ferndale Repertory Theater, 447 Main St. See July 9 listing.

EVENTS

Annie and Mary Day. Perigot Park. 11 a.m. A celebration of the historic Arcata Mad River Rail Line, featuring a parade, folk music, baseball games, barbecue, dancing and more. Free. 497-8159.

Mad River Festival. Blue Lake, Off State Route 299 Exit 5. See July 9 listing.

Humboldt Folklife Music Festival. Blue Lake, Off State Route 299 Exit 5. See July 11 listing.

Relay for Life. 11 a.m. Halvorsen Park, Waterfront Drive, Eureka. See July 11 listing.

Swauger Station Days BBQ. 10 a.m.-4 p.m. Loleta Fireman's Pavilion, Old Loleta Road. Loleta's annual deep pit barbecue tradition hosted by the Loleta Community Chamber. Music, vendors, Dutch auction and activities for children. \$12, \$6 children under 10. 498-0450.

Swauger Station Days Speeder Rides. 10 a.m.-4 p.m. Loleta Fireman's Pavilion, Old Loleta Road. See July 11 listing.

FOR KIDS

Pokemon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 5 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free. (503) 828-7421.

OUTDOORS

Audubon Society Birding Trip. Second Sunday of every month, 9 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Learn the common birds of Humboldt on a two- to three-hour walk. Meet at the visitor center. Free. 822-3613.

SPORTS

Rising Mountain Bike Hill Climb. 7-9 a.m. Mad River Hatchery, 1660 Hatchery Road, Arcata. Registration at 7 a.m., race at 9 a.m. Age divisions for women and men from 14 up, prizes awarded. Helmets are required. Riders must sign a release of liability form, a parent or guardian must be present for riders under 18. \$15, \$12 advance. franko301@live.com. 496-2163.

Humboldt B-52s Baseball. 7 p.m. Bomber Field, Redwood Acres, Eureka. See July 10 listing.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. \$3. www.nugamesonline.com. 497-6358.

Redwood Coast Scrabble Club. 1-5 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Tiles, letters and triple-word scores, oh my! 677-9242.

13monday

DANCE

Friendship Circle Dance. 7-10 p.m. Moose Lodge, 4328 Campton Road, Eureka. Dancing for people in their 50s and older with live music from the 1930s through 1950s. Refreshments served. \$4. 725-5323.

MUSIC

Humboldt Ukulele Group. Second Monday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. \$3. dsanderl@arcatanet.com. 839-2816.

Songwriter Night. 7-10 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. Join Jan Bramlett, Dominic Romano, Sam Whitlach and Paul Turner for an evening of music. \$7, \$5 for Humboldt Folklife Society Members.

SPOKEN WORD

Poets on the Plaza. Second Monday of every month, 8 p.m. Plaza View Room, Eighth and H streets, Arcata. Read/perform your original poetry or hear others. \$1.

EVENTS

Mad River Festival. Blue Lake, Off State Route 299 Exit 5. See July 9 listing.

Fortuna Rodeo. Fortuna Rodeo Grounds, Main Street. Ropin', ridin', wrestlin' and racin' all await you at the rodeo. Plus a Jr. Rodeo, carnival, barbecue, parade and Friday night motorsports! TBA. www.fortunarodeo.com. 725-3959.

Humboldt Folklife Music Festival. Blue Lake, Off State Route 299 Exit 5. See July 11 listing.



Folk My Life

Groom your beard, bust out the patchwork and take a big swig from that jug. The Humboldt Folklife Society is taking you from dustbowl dirges to thigh-slapping jigs all week.

The Humboldt Folklife Festival kicks off at 6 p.m. on **Saturday, July 11** at the **Mad River Brewery** with the **Spindrifters** and **Clean Livin'**, followed by a homey **potluck** at the **Logger Bar** (free). In fact, if you're not ready to call it a night, after-party good times are to be had at the Logger Bar each night of the banjo bonanza.

Annie and Mary Day takes over **Perigot Park** on **Sunday, July 12** at 11 a.m. with a parade of dancers, masks and enormous puppets, as well as fire trucks, food vendors, a petting zoo and bocce ball (free). The musical lineup starts at noon with the **Timber Ridge Boys** and winds up with the **Delta Nationals**.

Head for the **Carlo Theater** for **Songwriters Night** on **Monday, July 13** at 7 p.m. (\$7, \$5 members), and **Jazz Night** on **Tuesday, July 14** at 7 p.m. (\$7, \$5 members). You can sway to Absynth Quartet on **Wednesday, July 15** at 5:30 p.m., **Dell'Arte's Big Top Tent** and see the elusive **Huckleberry Flint** play the **amphitheater** on **Thursday, July 16** at 5:30 p.m. (\$10, \$8 members).

That should warm you up for the **barn dance** next **Friday, July 17** (\$7, \$6) and the fiddle-geddon of the **All Day Free Festival** on **Saturday, July 18**. Check out the insert in this week's paper for the full lineup.

—Jennifer Fumiko Cahill



They Call the Thing Rodeo

If you love roping, riding, carnivals and quaddin', then mosey down to Fortuna **July 13 through 19** for the **Fortuna Rodeo**. They've been busting broncs and manhandling mutton since 1921 — that's 94 years of rough and tumble in the redwoods, partner.

The party kicks off **Monday, July 13** with a **chili cook-off** and live music on **Main Street at 5 p.m.**, followed by a kids' fireman's muster and Polynesian barbecue on **Tuesday at 6 p.m.** at **Redwood Village Shopping Center** (free). Also for the young and young at heart, there's a carnival at **Rohner Park** open everyday at noon **Wednesday through Sunday** (\$25 day pass).

Wednesday sees street games on **Main Street at 6 p.m.** and the **Junior Rodeo at 5 p.m.** at the Rohner Park Rodeo Grounds (\$3, \$1 kids). The youngsters continue their rodeo skills **Thursday** morning starting at **9 a.m.** followed by **barrel racing at 7 p.m.** (TBA).

See how the "**Kidnapped Tourist**" fares **noon Friday** on the **Fortuna Library lawn**, where visitors are roped in for sentencing

— free lodging and passes to all rodeo events. Later, it's **motor sports action night at 7 p.m.** at the rodeo grounds, featuring **Colten Moore** — an extreme quad rider performing tricks and flips (that's right, he flips a *quad*) and local motorcycle star **Julian D'Usseau** (\$7).

Saturday, enjoy flapjacks courtesy of the Kiwanis Club at **7 a.m.** at the **Rohner Park Cook Shack** (\$6, \$4), the **parade** down Main Street at **noon** (free) and **rodeo** thrills at **2 p.m.** at the rodeo grounds (\$8, \$5). In the evening, it's **Bulls, Bands, & Brews** with country rock from **Chad Bushnell** at **7 p.m.** and **bull riding at 8 p.m.** (\$7).

Swap out your boots for sneakers on **Sunday** to participate in the **Fortuna Rodeo Run/Walk** at **9 a.m.** (free to attend). Then head over to Rohner Park for **barbecue** and live music at **11 a.m.** (\$12.00). The rodeo action kicks up dust again starting at **1:30 p.m.** (\$8, \$5).

— Kali Cozyris

MEETINGS

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

Humboldt B-52s Baseball. 7 p.m. Bomber Field, Redwood Acres, Eureka. See July 10 listing.

ETC

Monday Night Magic Draft. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. New and seasoned players welcome. \$15. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

14 tuesday

MOVIES

In a Lonely Place. 6:30-8:30 p.m. Humboldt County Library, 1313 3rd St., Eureka. A down-on-his-luck screenwriter is the prime suspect in a woman's murder. Starring Humphrey Bogart and Gloria Grahame. Hosted by Michael Cooley. Free. www.humlib.org. 269-1962.

MUSIC

Jazz Night. 7-10 p.m. Dell'Arte's Carlo Theatre, 131 H St., Blue Lake. Join the Low Notes, Business Casual and Con Ritmo for an evening of jazz. \$7, \$5 for Humboldt Folklife

Society Members.

SPOKEN WORD

Human Expression Night. 7 p.m. Blondies Food And Drink, 420 E. California Ave., Arcata. Courtne Burns hosts this night of poetry and creativity. Free. www.blondiesfoodanddrink.com.

EVENTS

Mad River Festival. Blue Lake, Off State Route 299 Exit 5. See July 9 listing.

Humboldt Folklife Music Festival. Blue Lake, Off State Route 299 Exit 5. See July 11 listing.

FOR KIDS

Kids Playgroup. 10-11:30 a.m. Discovery Museum, 612 G Street, Eureka. For children ages 0-5. Free. www.discovery-museum.org.

Pokemon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See July 12 listing.

FOOD

Eureka Farmers Market. 10 a.m.-1 p.m. Old Town Gazebos, Second and F streets, Eureka. Fresh, local produce direct from the farmer. Free. 441-9999.

Fortuna Farmers Market. 3-6 p.m. Fortuna Main Street, Main Street. Locally grown fruits, veggies and garden plants, plus arts and crafts. Free.

Free Produce Market. Second Tuesday of every month, 10:30 a.m.-noon Garberville Presbyterian Church, 437 Maple Lane. Also 12:30-1:30 p.m. Redway Baptist Church, 553 Redway Dr. Food for People invites all income eli-

continued on next page ►

ARTS! ARCATA

Friday, July 10, 6-9 p.m.

Arts! Arcata is Arcata Main Street's monthly celebration of visual and performing arts, held at more than 30 participating locations in Arcata. Visit www.artsarcata.com for even more information about the event or call (707) 822-4500.

ARCATA ARTISANS 883 H St. Betsy Roberts, metal work; John Wesa, serigraphs. Wine pour benefits the Breast Health Project.

ARCATA EXCHANGE 813 H St. Jeanelle Gallagher, mixed media. Music by Dale Winget. Wine pour benefits EPIC.

BUBBLES 1031 H St. Music by Clean Livin'.

FATBOL CLOTHING 1063 H St. Fatbol Cyphers hosted by NAC ONE and featuring DJ M.

FIRE ARTS CENTER 520 S G St. Bob Raymond, ceramics. Music by Harrison and Brandon.

GALLERY METIER 1034 H St. Danilo Gatón, photography. Music by Sassafras Belly Dance Company. Wine pour benefits the Breast Health and GYN Project.

GARDEN GATE 905 H St. Art by Amy Granfield. Music by The Heartstring Girls. Wine pour benefits Friends of the Library.

GLOBAL VILLAGE 973 H St. "Ayahuasca Vision," Anderson DeBernardi. Wine pour benefits CASA.

HOTEL ARCATA 708 Ninth St. 100 Year Anniversary, tours begin at 5:15 p.m., hors d'oeuvres at 6:15 p.m., speaker at 6:30 p.m.

LIBATION 761 Eighth St. #1 Annette Makino, mixed media. Music by Duncan Burgess.

MOORE'S SLEEP WORLD 876 G St. Art by Sandford Pyron and Sarah Mitchell. Music by Kenny and the Mighty Rovers. Wine pour benefits the Ink People.

NATURAL SELECTION 708 Ninth St. Stephanie Pyne, acrylics.

PLAZA 808 G St. Art by Sofia Amezuca. Wine pour benefits Devon's Vision.

STOKES, HAMER, KAUFMAN & KIRK, LLP 381 Bayside Road Shirley Nan Ruchong, oils and alcohol ink designs. Music by The Redwood Dixie Gators. Wine pour benefits the American Cancer Society Relay for Life Team #169.

US BANK 953 G St. Herman Boulter, photographer.



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EUREKA: 2297 Harrison 442-1336 • 209 E Street 445-2923 • At Pierson's 476-0401

McKINLEYVILLE ShoppingCenter 839-3383

gible people to pick out fresh fruits and vegetables. Free. hmchugh@foodforpeople.org. www.foodforpeople.org. 445-3166 ext. 308.

Miranda Farmers Market. 2-6 p.m. Miranda Gardens Resort, 6766 Avenue of the Giants. Pick up produce, baked goods and more right across from the Miranda Gardens Resort. Free. www.facebook.com/Southern-humboldtfarmersmarket.

Shelter Cove Farmers Market. 11 a.m.-3 p.m. Downtown Shelter Cove, Machi Road. Fresh fruits, vegetables, ornamental trees and plants, all with an ocean view. Free. www.facebook.com/Southernhumboldtfarmersmarket.

SPORTS

Humboldt B-52s Baseball. 7 p.m. Bomber Field, Redwood Acres, Eureka. See July 10 listing.

Humboldt Crabs Baseball. 7 p.m. Arcata Ball Park, Ninth and F streets. See July 10 listing.

COMEDY

Savage Henry Comedy Night. 8 p.m. **The Jambalaya**, 915 H St., Arcata. Local and out of town comedians bring the ha-has. \$5. 822-4766,

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from \$1-\$10.

Board Game Night. 5-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw Street, Ferndale. Cards and pegs.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards at the Moose Lodge - club meets every Tuesday. 444-3161.

15wednesday

MOVIES

Sci Fi Night ft. Manos: The Hands of Fate. 7:30 p.m. Arcata Theatre Lounge, 1036 G St. Written, directed and produced by a fertilizer salesman as a result of losing a bar bet, this movie is considered among the worst ever made. Free. www.arcatatheatre.com. 822-1220.

EVENTS

CASA Kid Walk Kick Off. Countywide. First official day of the Kid Walk season. www.humboldtcasa.org

Mad River Festival. Blue Lake, Off State Route 299 Exit 5. See July 9 listing.

Humboldt Folklife Music Festival. Blue Lake, Off State Route 299 Exit 5. See July 11 listing.

FOR KIDS

Card Games Night. Third Wednesday of every month, 5-8 p.m. McKinleyville Library, 1606 Pickett Road. Play Yugioh, Pokemon and Magic the Gathering. Expert help is available for most events from NuGames. Free. mckhuml@co.humboldt.ca.us. humboldtgov.org/304/McKinleyville-Library. 707-839-4459.

Read to the Rhythm. 1:30-5 p.m. Rio Dell Library, 715 Wildwood Ave. Drop-in for summer reading club and make drums, shakers, rattlers and more. Free.

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

FOOD

Free Produce Market. Third Wednesday of every

month, 11:30 a.m.-1:30 p.m. Fortuna Community Services, 2331 Rohnerville Road. Farmers' market-style produce market for income-eligible people. Free. www.foodforpeople.org. 445-3166 ext. 308.

MEETINGS

Citizen's Law Enforcement Liaison Committee. Third Wednesday of every month, 4 p.m. County Courthouse, 825 Fifth St., Eureka. Learn more about the Humboldt County Sheriff's Office and ask questions. Free.

Dow's Prairie Grange. Third Wednesday of every month, 6 p.m. Dows Prairie Grange Hall, 3995 Dows Prairie Road, McKinleyville. Get involved in your community Grange. dowsgrange@gmail.com. www.dowspairiegrange.org. 840-0100.

MUSIC

Under the Big Top. 5:30 p.m. Dell'Arte's Big Top Tent. With Vanishing Pints, Bayou Swamis and Absynth Quartet. \$10, \$8 members.

SPORTS

Humboldt Crabs Baseball. 7 p.m. Arcata Ball Park, Ninth and F streets. See July 10 listing.

COMEDY

Comedy Open Mikey. 9 p.m. Palm Lounge, Eureka Inn, 518 Seventh St. Hosted by Nando Molina with beats by Gabe Pressure. Free. 497-6093

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

16thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See July 9 listing.

LECTURE

Photographing Landscapes. 7-9 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Michael Harris and Andrea Pickart present their work and lead a workshop on inspiration in nature. Free. amic@cityofarcata.org. 826-2359.

MUSIC

Humboldt Ukulele Group. Third Thursday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. See July 13 listing.

Summer Concert Series. 6 p.m. C Street Market Square, Foot of C Street, Eureka. See July 9 listing.

Women Singing in Harmony. 6-8 p.m. Church of Jesus Christ of Latter-Day Saints, 2806 Dolbeer St., Eureka. See July 9 listing.

World Beats. Every other Thursday, 6-7:30 p.m. Bob Olofson, 212 14th St., Eureka. African-influenced drumming. All levels welcome and some instruments available. \$5 to \$10, no one turned away. rwolofson@sbcglobal.net. 444-8764.

THEATER

One Man, Two Guvnors. 8 p.m. Redwood Curtain Theatre, 220 First St., Eureka. See July 9 listing.

EVENTS

Mad River Festival. Blue Lake, Off State Route 299 Exit 5. See July 9 listing.

Humboldt Folklife Music Festival. Blue Lake, Off State

Route 299 Exit 5. See July 11 listing.

FOR KIDS

Pre-School Storytime. 10-10:45 a.m. Trinidad Library, 380 Janis Court. See July 9 listing.

FOOD

Food, Fun and Family Cooking Classes. 11 a.m.-1 p.m. The Multi-Generational Center, 2280 Newburg Road, Fortuna. Classes include short lesson followed by attendees preparing and sampling recipes. Free cookbooks and resource binder. Children eight and older welcome with adult. Space limited, please sign up by July 10. Contact Michelle Postman at 441-5567 or mpostman@co.humboldt.ca.us. Free. 441-5567.

Henderson Center Farmers Market. 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. See July 9 listing.

People's Market. Third Thursday of every month, 12-2 p.m. Food for People, 307 W. 14th St., Eureka. Farmers market-style produce market for income-eligible people. Free. hmchugh@foodforpeople.org. www.foodforpeople.org. 445-3166 ext. 308.

OUTDOORS

Oyster Shuck'n Cruise. 7 p.m. C Street Market Square, Foot of C Street, Eureka. Enjoy Kumamotos on the half-shell while learning about the history, importance and growth process of oysters. \$25.

SPORTS

Humboldt B-52s Baseball. 7 p.m. Bomber Field, Redwood Acres, Eureka. See July 10 listing.

ETC

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See July 9 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See July 9 listing.

Heads Up...

Wildwood days seeks vendors, grillmasters, parade entrants and more for the July 29 - Aug. 3 event. For more information, go to www.riodellscotiachamber.org or call 506-5081.

Ferndale Repertory seeks volunteers that include house manager, usher, concession sales and ticket collector. Volunteers are eligible to receive complimentary tickets for their work. For more information, visit www.ferndalerep.org/support-the-rep/volunteer, call 786-5483, or send an email to info@ferndalerep.org. Deadline is August 31.

Food for People's Children's Summer Lunch Program provides a free sack lunch for children on summer weekdays. For more information, call 445-3166 ext. 309.

Reggae on the River seeks volunteers. Go to www.mateel.org and fill out an online application. For more information, call 923-3368.

Humboldt Women's International League for Peace and Freedom seeks book donations for its Fourth of July book sale. Call 822-5711 to arrange for donation.

The Blue Lake Chamber of Commerce invites vendors to Annie and Mary Day on July 12. Deadline is July 6. Call 668-5567.

Volunteers wanted for Eureka VA clinic. Call 269-7502. **For an application for grand jury service**, call 269-1270 or stop by the Jury Services Office at the Humboldt County Courthouse. Applications online at www.co.humboldt.ca.us/grandjury.

Friends of the Arcata Marsh seeks gently used kids' science books. Call 826-2359.



Movie Times

Film times reflect the most current listings as of Tuesday afternoon. **As schedules at individual theaters sometimes change, we recommend calling ahead to avoid any inconvenience.**

Broadway Cinema

1223 Broadway St., Eureka, (707) 443-3456

The Gallows	Fri-Thur: (1, 3:10), 5:20, 7:30, 9:40
I'll See You in My Dreams	Fri-Thur: (1:15), 6:35
Inside Out	Fri-Thur: (12:45, 3:20), 5:50, 8:20
Jurassic World	Fri-Thur: (11:50a.m., 2:55), 5:55, 8:55
Jurassic World 3D	Fri-Thur: (12:40), 6:30
Love & Mercy	Fri-Thur: 5:15, 8:10
Magic Mike XXL	Fri-Thur: (12:35, 3:25), 6:10, 9
Max	Fri-Thur: (12, 2:35)
Minions	Fri-Thur: (11:45a.m., 12:50, 3:15, 4:25), 5:35, 6:45, 8
Minions 3D	Fri-Thur: (2:05), 9:05
Selfless (Self/less)	Fri-Thur: (12:55, 3:40), 6:25, 9:15
Spy	Fri-Wed: (3:45), 8:50; Thur: (3:45)
Ted 2	Fri-Wed: (1:20, 4:05), 6:50, 9:35; Thur: (1:20, 4:05), 9:35
Terminator Genisys	Fri-Thur: (11:55a.m., 2:50), 5:45, 8:40
Terminator Genisys 3D	Fri-Thur: (3:35), 9:25

Mill Creek Cinema

1575 Betty Court, McKinleyville, (707) 839-3456

The Gallows	Fri-Thur: (12:35, 2:50), 5:20, 7:30, 9:40
Inside Out	Fri-Thur: (12:55, 3:25), 5:55, 8:25
Jurassic World	Fri-Thur: (3), 9
Jurassic World 3D	Fri-Thur: (12), 6
Magic Mike XXL	Fri-Wed: (1:10, 3:55), 6:40, 9:30; Thur: (1:10, 3:55)
Minions	Fri-Thur: (11:50a.m., 12:45, 2:05, 3:10), 5:45, 6:45, 8:10
Minions 3D	Fri-Thur: (4:25), 9:05
Selfless (Self/less)	Fri-Thur: (1, 3:45), 6:30, 9:15
Terminator Genisys	Fri-Thur: (12:20), 6:20, 9:20
Terminator Genisys 3D	Fri-Thur: (3:20)

Minor Theatre

1001 H St., Arcata, (707) 822-3456

Me and Earl and the Dying Girl	Fri: (4), 6:35, 9:10; Sat-Sun: (1:25, 4), 6:35, 9:10; Mon-Thur: (4), 6:35, 9:10
Minions	Fri: (3:20), 5:45, 8:10; Sat-Sun: (1, 3:20), 5:45, 8:10; Mon-Thur: (3:20), 5:45, 8:10
Selfless (Self/less)	Fri: (3:35), 6:15, 9; Sat-Sun: (12:50, 3:35), 6:15, 9; Mon-Thur: (3:35), 6:15, 9

Fortuna Theatre

1241 Main St., (707) 725-2121

Inside Out	Fri-Sat: (1:20, 4:10), 6:45, 9:25; Sun-Thur: (1:20, 4:10), 6:45
Jurassic World	Fri-Sat: (12, 3:30), 6:30, 9:30; Sun-Thur: (12, 3:30), 6:30
Magic Mike XXL	Fri-Sat: (12:40, 4:35), 7:15, 9:50; Sun-Thur: (12:40, 4:35), 7:15
Minions	Fri-Sat: (12, 1, 2:15, 3:15, 4:30, 5:30), 6:45, 7:45, 9; Sun-Thur: (12, 1, 2:15, 3:15, 4:30, 5:30), 6:45, 7:45
Terminator Genisys	Fri-Sat: (12, 3:30), 6:50, 9:45; Sun-Thur: (12, 3:30), 6:50

Two Views of Magic Mike XXL

Me and Earl and Overnight surprise

By John J. Bennett and Jennifer Savage

filmland@northcoastjournal.com

Reviews

MAGIC MIKE XXL. I've spent the last three years practicing my defense of *Magic Mike* (2012) as one of the great movies of its time. Yes, it is a man-meat market *par excellence*, fine; it is a stripper-with-a-heart-of-gold story, after all. And the dancing is pretty great. But what made the movie so good was the real characters at its center, an art-minded director (Steven Soderbergh) and a script tinged equally with sexiness, seediness, hurt and heart. It was and remains a true cinematic achievement, but usually when I launch into this defense, people roll their eyes, probably assuming I'm rationalizing my fascination with Channing Tatum's disrobed torso. Well, *XXL* is more for that crowd, those who only went to see Tatum get his gear off in the first place, than for me. Still, it has a shot at being, as my wife insists, "the feel-good movie of the year."

In the three years following the events of *Magic Mike*, Mike Lane (Tatum) left the stage and his crew, the Kings of Tampa, to pursue his dream of building custom furniture and settling down with a good girl. The business worked out, but it's a grind; the girl left. So when the remaining Kings, — all getting a little long in the tooth and absent Dallas (Matthew McConaughey) and the Kid (Alex Pettyfer), who for story/budget purposes have conveniently absconded to the Continent — come calling with exhortations to join them on the annual pilgrimage to the national convention in Myrtle Beach, he doesn't need much convincing.

What follows is a buoyant, if disjointed, gettin'-the-band-back-together road comedy. The Kings join forces with the mysterious Rome (a surprisingly compelling Jada Pinkett Smith), for a druggy, boozy drag through the South Coast. Amber Heard, Andie MacDowell, Elizabeth Banks and Donald Glover pop up in fun cameos and everything culminates in a 20-minute-plus stripping extravaganza. *XXL* lacks the pathos and darkness that, to me, made the original great. But it is loaded with the stuff that got the rest of the audience into the theater, and it should please them.

— John Bennett

Here's what drew me into the theater to see *Magic Mike XXL*: Channing Tatum and the rest of the random hot manflesh. It's a simple equation that any good male stripper — sorry, "entertainer" — would understand. Give the people what they

want. But instead of a two-hour ab fest, we get what is essentially a disappointing road-trip buddy comedy.

I blame the reviews of the first *Magic Mike*, the raves praising its plot and perceived depth. Perhaps because it was based on Tatum's own life and directed by Steven Soderbergh, critics thought they saw art. Not that the original isn't good — but *Magic Mike* is essentially an updated, gender-reversed *Flashdance*.

The sequel seems determined to show us that male strippers have feelings and good intentions and are more than just physically exquisite objects gyrating for the dolla-dolla bill, y'all. Sure. Got it. *Of course male strippers are people, too. They're people! Why is this movie telling me this? Make Channing Tatum dance again!*

Let's talk Channing Tatum. In addition to having a most aesthetically pleasing torso, he's funny and has extremely legit dance moves. He makes the Funky Chicken sexy. He's a god, OK? Like most people who enjoy such things, I would happily have watched him pop and lock and bump and grind until the credits rolled.

Magic Mike XXL even gives us a promising start when the now-retired-from-stripping Mike stops in the midst of welding (*Flashdance!*) when a certain song inspires him to start stroking his tools instead. Those few minutes of his character lost in the pleasure of solo dancing, a self-aware grin on his face, are hot. Seriously sexy. Delicious. Intoxicating. Like, *settle back in your seat, ladies, this is going to be good*.

But from there, the movie goes limp. Oh, it's sweet enough, I guess, but who cares when the dancing scenes are not only few-and-far-between, but constantly involve the guys humping on women instead of just showing off? I think this was to show how the strippers — apparently the nicest men to walk the Earth — really care about making ladies happy. Whatever. Mike might be magic (and I'll be over here Googling "Channing Tatum dancing"), but *Magic Mike XXL* left this lady far from satisfied. R. 115m.

— Jennifer Savage

ME & EARL & THE DYING GIRL. Despite my initial concern that this would turn into a Wes Anderson knock-off, with its quirky cleverness and diorama-style compositions, it turns out to be a pretty original, though ultimately conventional,



JUST CHECKING THAT HEART OF GOLD.

take on the vagaries of growing up.

Greg (Thomas Mann) has, by senior year, developed a system of moving between social groups without becoming affiliated with any of them. Meanwhile, he's building his own little Criterion Collection of parodies of history's great films with Earl (RJ Cyler), the best friend he's afraid to acknowledge because of low self-opinion and fear. When Rachel (Olivia Cooke), a casual acquaintance and the dying girl of the title, enters his life, Greg is forced to reevaluate his "at arm's length" approach to the world.

There are moments here that will ring true — say, for movie nerds with low self-esteem who also spent high school cribbing world cinema and were very sad at senior prom (not that I know anybody like that) — and the ballsiness of the filmmaking, at least in the early going, is inspiring. But as it moves into the meat of the story, the richness and humor start to wear off, leaving a maybe too-earnest teen drama. PG13. 105m.

THE OVERNIGHT. (Adam Scott) and Emily (Taylor Schilling) and their young son RJ (R.J. Hermes) are new to Los Angeles, having followed her job from Seattle. One day at the park they meet Kurt (Jason Schwartzman) and his son Max (Max Moritt). Kurt invites them over for pizza and a play date, which all goes swimmingly. And then he reveals the paintings he makes of anuses, and the breast-pump fetish videos starring his wife Charlotte (Judith Godreche), and things start to get a little weird.

Scott and Schwartzman are two of my long-time favorites, and Schilling does a subtle, funny turn as a composed woman trying to take in the events of ridiculous night. The movie may lean too heavily on shock with so much exposed penis, but it's still very funny and, in flashes, acutely observed. R. 79m.

— John J. Bennett

Previews

THE GALLOWS. Alums return to the revival of a school play that ended in tragedy. Supernatural drama ensues. R. 81m.

MINIONS. Sandra Bullock and John Hamm lend voices to the *Despicable Me* spin-off starring the goofy, Twinkie-esque henchmen. PG. 91m.

SELF/LESS. Ryan Reynolds stars in this sci-fi thriller about a man who's had a little brain/body work done. R. 79m.

Continuing

I'LL SEE YOU IN MY DREAMS. Blythe Danner as a retired singer looking for her second act at karaoke and flirting with Sam Elliot. PG13. 92m.

INSIDE OUT. Pixar renders our inner lives and the tumult of growing up with poignancy and humor through the personified emotions of a girl named Riley. With Amy Poehler. PG. 94m.

JURASSIC WORLD. Fun, well-executed dinosaur action thrills without convoluted plot. Like star Chris Pratt, it doesn't take itself too seriously. PG13. 124m.

LOVE & MERCY. John Cusack, Paul Dano and Elizabeth Banks shine in this Brian Wilson biopic about his struggle for creativity and sanity. PG13. 121m.

MAX. A Marine's military dog returns from Afghanistan and bonds with the dead soldier's family. Commence bawling now. PG. 111m.

SPY. A clever, big-budget take on the spy comedy buoyed by the charisma and timing of Melissa McCarthy as a CIA pencil pusher out in the field. R. 120m.

TED 2. Despite laughs, the tired premise of the talking bro-bear and awkward pacing make for a furry mess. R. 115m.

TERMINATOR GENISYS. So we're doing this again, with the robot assassins and the time travel and trying to stave off the apocalypse. Now with Arnold-on-Arnold violence. PG13. 125m.

— Jennifer Fumiko Cahill ●

MOVIES & EVENTS

July 9 - July 15

Thurs July 9 – Ocean Night Film Screening, Doors @ 6:30 PM, All ages, \$3 donation, Free for OC, Surfrider, & Baykeeper members/children 10 & under.

Sun July 12 – Mary Poppins (1964), Doors @ 5:30 PM, Movie @ 6 PM, Film is \$5, Rated G.

7/15 – Sci Fi Night ft. Manos: The Hands of Fate (1966), Doors @ 6 p.m. All ages, Free w/\$5 food & bev purchase.

Arcata Theatre Lounge f
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workshops & CLASSES

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Many classes require pre-registration.

Arts & Crafts

ART JOURNAL FOR ADULTS Thursdays 9:30-11:30 a.m. through Aug. 25 Blue Lake Studio – 239 Railroad Ave. \$20/2-hr bluelakestudio.net 860-772-7997 (A-0806)

BEGINNING KNITTING CLASSES Each beginning class consists of three 2 hour Saturday sessions. By the last session you will be completing your first project: a simple knit hat. All materials are provided. Sign-up on-line or by calling us. (707) 442-9276 info@northcoastknittery.com http://northcoastknittery.com

CREATING WITH CLAY. First and Third Thurs.'s 6:30-8:30 pm. Here's your chance to create whimsical and fun ceramic projects to help our fundraising efforts and your opportunity to create in clay in this free two hour workshop. Call to reserve space. Limited to three visits in a six month period. Fire Arts Center 520 South G St Arcata 707-826-1445 fireartsarcata.com (AC-0709)

MULTI-DIRECTIONAL SCARVES Turn variegated yarn into striking scarves with this new form of multi-directional knitting. Learn to form triangles and diamonds from a continuous length of yarn, and to join them together without sewing any seams or picking up any stitches. J.C. Briar comes to NorthCoast Knittery and teaches a series of classes 7/18 and 7/19 sign-up on-line or gives us ring. (707) 442-9276 info@northcoastknittery.com northcoastknittery.com

VINTAGE STYLED HATS Love knitted hats but can't find a style that flatters the shape of your face and hair style? Roaring Twenties hats such as the cloche, toque, and embellished cap were designed to compliment many different wearers. Julie Turjoman, who wrote "A Head for Trouble" comes to NorthCoast Knittery on 9/19 and 9/20. Sign-up for her workshops on-line or give us a ring. (707) 442-9276 info@northcoastknittery.com northcoastknittery.com

Computer

EXCEL 2012: Build a Budget Wednesday and Thursday, July 22nd & July 23rd, 2015 1:00 pm – 5:00 pm, Fee: \$125 CR Community Education Computer Lab, 525 D Street Eureka Call 476-4500 to register. (C-0709)

EXCEL 2013-INTERMEDIATE M/W AUG 17 & 19TH 2015 FEE: \$250 includes a textbook. Learn to work w/larger worksheets in Microsoft Excel 2013. Most skills covered, works for Excel 2010. For information call College of the Redwoods Community Education at 707-476-4500 (C-0709)

MICROSOFT OFFICE PROFESSIONAL CERTIFICATE 2013 includes Excel, Word, Publisher, and PowerPoint August 3rd – August 12th 2015, Mondays and Wednesdays, 9:00am to 4:00pm, Fee: \$325 CR Community Education 525 D Street Eureka 707-476-4500 (C-0709)

Dance/Music/Theater/Film

DANCE WITH DEBBIE PRESENTS: Summer workshops! Topics include: "Basics of Partnering", "Swing Flair & Style", "Dips & Fancy Endings", and "Latin Musicality & Technique"! Great for all levels of dancer. No partner required. Call or check our website calendar for details. We're also on Facebook! (707) 464-3638, www.dancewithdebbie.biz (D-0813)

MUSIC LESSONS. Piano, Guitar, Voice, Flute, etc. Piano tuning, Instrument repair. Digital multi-track recording. (707) 476-9239. (DMT-0226)

PIANO LESSONS. Beginners, all ages. Experienced. Judith Louise 476-8919. (DMT-1231)

REDWOOD RAKS WORLD DANCE STUDIO, ARCATA. West African, Belly Dance, Tango, Salsa, Swing, Breakdance, Jazz, Tap, Modern, Zumba, Hula, Congolese, more! Kids and Adults, (707) 616-6876 shoshannaRaks@gmail.com (DMT-0702)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-11:00a.m, Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0827)

WEST AFRICAN DANCE W/ LIVE DRUMMING. Tues.'s, All Level Class, 5:30 p.m -7 p.m. Thurs.'s Beginning/Breakdown, 7 p.m.-8 p.m., Redwood Raks Dance Studio, Arcata. Facebook Arcata West African Dance or contact Heather (707) 834-3610. (DMT-0331)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Pre-register now. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-0723)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids and adults, child care, fitness gym, and more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0730)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-1231)

Kids & Teens

15TH ANNUAL MOONSTONE BEACH SURFCAMP. Have fun while Safely Learning to Surf and improve all ocean skills. Includes Jr. Lifesaving. Licensed & Insured, male/female instructors. Ages 8+. \$195/week. Sessions: July 20-24, Aug 3-7 & Aug 10-14. MoonstoneBeachSurfCamp.com or (707) 822-5099. (KT-0715)

Lectures

POETRY: College of the Redwoods offers a class for beginning to intermediate poets this fall. Come learn how to shape your voice, your forms, your ideas. Fridays from 1:00-4:10 pm. Eureka Main Campus. Begins Aug. 28. For more information, go to redwoods.edu or call David Holper @ 476-4370.

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1225)

BEYOND THE LAKE IN BLUE LAKE. There is much more to Blue Lake than its one-time lake. Stroll along its streets in pursuit of remnants of the past-Brizard's Store, Arcata & Mad River train station and more. With Jerry & Gisela Rohde. Sun., 7/12 from 1-3 p.m. OLLI Members \$30/all others \$55. OLLI: 826-5880, www.humboldt.edu/olli (O-0709)

EAT YOUR FLOWERS! From peppery to spicy, mildly sweet to bitter, flowers can be a delightful addition to your dinner table or favorite dessert. With Doris Hicks. Sat., 7/18 from 10 a.m.-noon OLLI Members \$30/all others \$55. OLLI: 826-5880, www.humboldt.edu/olli (O-0716)

LEARN TO DRAW BIRDS. Learn the process of bird drawing from initial steps to adding colors and patterns. With Brent Eviston. Tues., 7/14-7/28 from 3-5 p.m. OLLI Members \$100/all others \$125. OLLI: 826-5880, www.humboldt.edu/olli (O-0709)

LEARN TO DRAW DRAMATIC LIGHT AND SHADOW. Focus on how light and shadow create the illusion of three-dimensional form. With Brent Eviston. Mon. & Wed., 7/13-7/29 from 3-5 p.m. OLLI Members \$100/all others \$125. OLLI: 826-5880, www.humboldt.edu/olli (O-0709)

LET THE HORSE BE YOUR GUIDE: Achieving Goals as we Age. Participants interact with each other and horses using exercises to renew motivation and insight into potential obstacles that stop us from achieving our goals. No horse experience is necessary. With Vikki Bernstein and Terri Jennings. With Terri Jennings. Sat., 7/18 from 9-12:30 p.m. OLLI Members \$60/all others \$85. OLLI: 826-5880, www.humboldt.edu/olli (O-0716)

MOVEMENT: ESSENTIAL FOUNDATION TO FITNESS. Learn to feel, move and perform better in activities of daily living to meet your health and fitness goals. With Corey Jung. Tues. 7/21 & Thurs. 7/23 from 7-9 p.m. OLLI Members \$45/all others \$70. OLLI: 826-5880, www.humboldt.edu/olli (O-0716)

THE OX-BOW INCIDENT: TRUTH AND JUSTICE IN THE OLD WEST. Nominated in 1943 for Best Picture, starring Henry Fonda the film provides a timeless message. With Michael Cooley. Thurs., 7/16 from 6-9 p.m. OLLI Members \$10/all others \$35. OLLI: 826-5880, www.humboldt.edu/olli (O-0709)

WINES OF THE LOIRE. GET TO KNOW THE PROMINENT WINES OF FRANCE'S LOIRE VALLEY. Learn how to read a French wine label and systematically analyze aromas and flavors of these regionally specific wines. With Pam Long. Wed. 7/22 from 3:30-6 p.m. OLLI Members \$40/all others \$65. OLLI: 826-5880, www.humboldt.edu/olli (O-0716)

RIVERWALKING. Examine various features and river processes along the Mad River and how this year's dry spell affects river processes. The moderate hikes will be less than a half-mile long and no one needs to get wet. With Mary Ann Madej. Thurs., 7/16 from 10 a.m.-4 p.m. OLLI Members \$40/all others \$65. OLLI: 826-5880, www.humboldt.edu/olli (O-0709)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. **ARCATA:** Sunday 7:55 a.m., Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. For more info. call (707) 826-1701 or visit arcatazengroup.org **EUREKA:** Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more info. call (707) 845-8399 or visit barryevans9@yahoo.com . (S-0730)

CYCLES OF WOMEN Kundalini Yoga Camp for Women and Girls. July 15-18 at Heartwood Institute, Garberville. 707.986.1079 or norcalwomenscamp.org (S-0709)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are a diverse congregation welcoming all people. Our mission is to promote personal and spiritual growth as well as a peaceful, sustainable, and socially just world. Come see for yourself on a Sun. morning. 9 a.m. meetings include child care. Children's & teen's Religious Education classes are available during our 11 a.m. meetings. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0702)

KIRTAN DEVOTIONAL SINGING WITH MINDY ANDERSON AT OM SHALA! Friday, July 10th from 7:30-9:00pm. Kirtan is the name for Hindu devotional chanting of ancient Sanskrit prayers. \$5-10 sliding scale. Sign up by visiting www.OmShalaYoga.com/workshops or by calling or visiting the studio. 707-825-YOGA(9642) or 858 10th St., Arcata. (S-0709)

MODERN ROMANCE EXPLORED AT LIFETREE CAFÉ The state of romance and how to keep it vibrant will be discussed at Lifetree Café on Sunday, July 12 at 7 p.m. The program, titled "Modern Romance: That Crazy Thing Called Love," features a filmed interview with cowboy humorist and performer Gary McMahan as well as his wife of more than 20 years. Lifetree Café is a Free Conversation Café – Snacks and Beverages. Located on the Corner of Union and 13th, Arcata. 707 672 2919 or bobdipert@hotmail.com or www.lifetreecafe.com. (S-0709)

SPIRIT TALK WITH REV. DIANE. All are welcome to join Rev. Diane Decker, Minister of Religious Science, for Science of Mind Spiritual Discussion, Meditation and Affirmative Prayer. Gathering every Mon. 7 p.m-8 p.m., Isis Suite 48, Sunny Brae Center. Donations welcome. (707) 502-9217 (S-0702)

UNITY OF THE REDWOODS. Join us at Unity Church of the Redwoods, where love is felt, truth is taught, lives are transformed, and miracles happen. Services begin each Sun. at 11 a.m. 1619 California St., Eureka. Please stay for snacks and conversation after service. (707) 444-8725 (message), www.unityoftheredwoods.org (S-0730)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240
www.tarotofbecoming.com (S-0730)

Sports & Recreation

ROWING FOR ADULTS M, T, Th 5:30-7:15 pm. New rowers welcome July 6 or 20, Aug 3 or 17
Humboldt Bay Rowing Association (707) 845-4752
hbracoach@me.com www.hbra.org

Summer Fun/Arts

ART CAMPS AT THE MORRIS GRAVES: Create, explore, be inspired! Camps run July 20-24 and August 3-7. Level 1 (ages 5-8) 9:30-12:30 and Level 2 (ages 9-12) 1:30-4:30. Students have the unique opportunity to view artworks by professional artists in a museum setting, explore their own creativity through hands on art projects and take home a portfolio of their work. \$90 per session or \$85 for members. Register at (707) 442-0278 or www.humboldtarts.org (SA-0709)

NEW SUMMER DAY CAMP. Humboldt Botanical Garden. Nature/Art/Math/Science Outdoor Camp. Children age 7-10. www.hbgf.org 442-5139

Summer Fun/Sports & Adventures

JUNIOR CREW (AGES 11-18) Mon, Tues, Thurs 4-6 pm \$50/month.
New rowers welcome any Monday
Humboldt Bay Rowing Association
707 845-4752. www.hbra.org

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0702)

FREE DEPRESSION SUPPORT GROUP. Walk-in support group for anyone suffering from depression. Meet Mon's 6:30 p.m.-7:45 p.m., at the Church of the Joyful Healer, McKinleyville. Questions? Call (707) 839-5691. (TS-0820)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0730)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0924)

WISDOM OF THE SOUL WITH JOLENE HAYES, CCHT. Hypnotherapy, Soul Realignment/Akashic Record Readings. (707) 499-9207 or jolene@wisdomofthesoul.com. Website: www.wisdomofthesoul.com (T-0910)

Vocational

COLLEGE OF THE REDWOODS COMMUNITY EDUCATION SECURITY GUARD TRAINING INFORMATIONAL MEETING MONDAY JULY 20 6PM-7PM 525 D Street Eureka Get a career that moves with you; a highly desired certification across the state. This course includes the 40 hour BSIS mandated training covering basic security guard skills and testing. Call us to learn more at 707-476-4500 (V-0709)

LOAN SIGNING. Monday, July 20th 5:30-9:30PM, Fee: \$105 Master's Notary College of the Redwoods Community Education. Must have or be in the process of obtaining a California State Notary Public Commission. Call 476-4500 to register. (V-0709)

HELP OTHERS BY BECOMING CERTIFIED IN MASSAGE THERAPY! Holistic Health Education courses have been available at Loving Hands Institute since 1989. Come learn from experienced professionals at a reasonable cost and at your own pace! For more information on our 510 hour program call 725-9627 or visit www.lovinghandsinstitute.com (V-0716)

NOTARY PUBLIC CLASS & EXAM. Tuesday, July 21st, 2015 8:30am - 6:00pm, Fee: \$105 College of the Redwoods Community Education Become a California State Notary Public. This is a one-day class that meets the requirements to sit for the State notary exam. Call 476-4500 to register. (V-0709)

Wellness & Bodywork

ARCATA SCHOOL OF MASSAGE IS NOW ENROLLING FOR OUR 650-HOUR PROGRAM. Starts Sept. 1, 2015. It is a Morning Program that meets Mon.- Fri., 9 a.m. - 1 p.m. Training is based in mindfulness, compassion, and many therapeutic massage modalities. Visit arcatamassage.com for complete course descriptions and information. (W-0128)

CANDLELIGHT HOT STONE YOGA WITH ARTEMISIA SHINE AT OM SHALA YOGA. De-stress, Detoxify and Awaken from Within while practicing hatha yoga by candlelight. Live Sound Healing Savasana. Friday, July 16, 7:30-9:30pm. \$20. Sign up by visiting www.OmShalaYoga.com/workshops or by calling or visiting the studio. 707-825-YOGA(9642) or 858 10th St., Arcata. (W-0709)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs. Sept 16 to Nov 4, 2015, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. Festival of Herbs: Visiting Teachers Series. Nov. 2015 - May 2016. Meets the 1st weekend of the month for intermediate to advanced herb students and health care practitioners. Learn from renowned herbalists: Rosemary Gladstar, Christopher Hobbs, Jessica Baker, Amanda McQuade-Crawford and more! Register online www.dandelionherb.com or call (707) 442-8157. (W-0723)

DIDGERIDOO WKSP for sleep apnea, asthma, anxiety or fun! Eureka: July 17-19th. Practice instrument provided. \$90-120 sliding scale. Free lecture Fri. eve. (510) 843-4907 info@SoundRivers.net http://www.SoundRivers.net

JIN SHIN JYUTSU SELF-HELP CLASSES. Learn what this ancient way of balancing energy with gentle touch is, and how to do it for yourself to enhance your health, comfort and peace of mind. Third Sundays, July thru December, 10am. to 1p.m. \$30 per class or \$150 for all six classes. Attend one, some, or all. July 19, Aug. 16, Sept. 20, Oct. 18, Nov. 15, Dec. 20, at the Arcata Wellness Center, 735 12th St., Arcata. Taught by Denny Dorsett RN, Jin Shin Jyutsu practitioner and self-help instructor. Call 707 825-0824 for information and pre-registration, or drop in, space allowing. (W-1217)

MEET THE DOULAS AT OM SHALA! Don't miss this opportunity to meet local doulas and hear about the services that they offer. Formal introductions will be followed by Q&A. Friday, July 10th from 6:30-8:30. FREE! 858 10th St., Arcata 707-825-YOGA (9642) www.OmShalaYoga.com (W-0709)

EXERCISE FOR LOW BACK PAIN AND SCIATICA with Pilates instructor Sara Bell. Gentle core strengthening. Tues. July 14, 5:30-9 p.m. at Arcata School of Massage. \$50. Register at arcatamassage.com. (W-0709)

IMPROVE YOUR POSTURE with Pilates instructor Sara Bell. Mindful core strengthening. Tues. July 21, 5:30-9 p.m. at Arcata School of Massage. \$50. Register at arcatamassage.com. (W-0716)

OM SHALA YOGA CENTER - 858 10TH ST., ARCATA Yoga students of all levels of experience are invited to attend Hot Yoga Classes every Sun at 6:30 pm & Thur at 7:30 pm., with Certified Yoga Instructor and Nutritionist, Erica M. Haines. For more info visit http://www.omshalayoga.com/class-schedule-prices or call 707-825-9642. (W-0709)

YOGA IN FORTUNA EVERY THURSDAY 9:30 a.m. - 10:45 a.m. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. \$11 drop in or 6 class pass \$57. scholarships avail. info Laurie Birdsong 362-5457 (W-0730)

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legal NOTICES

LEGAL NOTICES
CONTINUED ON NEXT PAGE



UIHS is seeking interested Indian Community Members in serving as potential Candidates to be members of the UIHS Board of Directors. Potential Candidates must reside in and around the UIHS Service area within one of the following areas:

- Area 1:** Del Norte County
- Area 2:** Orick, Trinidad, McKinleyville, and Blue Lake
- Area 3:** Arcata, Eureka, Table Bluff, and all points south (within Humboldt County)
- Area 4:** Hoopa and Willow Creek
- Area 5:** Weitchpec, Johnson's and Orleans.

All interested Indian Community Members may request a Declaration of Candidacy packet at www.uihs.org or call 707.825.4123 or 707.825.4136.

The Declaration of Candidacy forms must be submitted no later than August 7, 2015 to: UIHS Election Committee, P.O. Box 731, Arcata, CA 95521.

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NOTICE OF PETITION TO ADMINISTER ESTATE OF GEORGE WILLIAM TURNBULL, ALSO KNOWN AS GEORGE W. TURNBULL, ALSO KNOWN AS BILL TURNBULL CASE NO. PR150164

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, George William Turnbull, also known as George W. Turnbull, also known as Bill Turnbull A PETITION FOR PROBATE has been filed by Petitioner, Paul Smith In the Superior Court of California, County of Humboldt. THE PETITION FOR PROBATE requests that PAUL SMITH Be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. A HEARING on the petition will be held on July 23, 2015 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 8. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by

the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: Koshkin Law Firm 1116 Eleventh Street Arcata, CA 95521 (707)822-2800 Filed: June 24, 2015 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

7/2, 9, 16 (15-153)

PUBLIC NOTICE NOTICE OF ADOPTION OF PRELIMINARY BUDGET FOR FISCAL YEAR 2015-2016

NOTICE IS HERBY GIVEN that the Preliminary Budget for the Bridgeville Fire Protection District of Humboldt County for the fiscal year BEGINNING July 1, 2015, has been adopted by the District Board of Directors and is available for inspection by interested taxpayers through the District's mailing address: Bridgeville Fire Protection District P.O. Box 51 Bridgeville, CA 95526 That on July 13, August 10, and September 14, 2015 at 5:00 P.M., at the Bridgeville Community Center, Bridgeville, California, the Board of Directors will meet for the purpose of fixing the final budget, and that any taxpayer may appear at said time and place, and be heard regarding the increase, decrease, or omission of any item of budget, or for the inclusion of additional items. The final budget will be adopted at its September 14, 2015 meeting. PUBLISHED BY ORDER OF THE BOARD OF DIRECTORS OF THE BRIDGEVILLE FIRE PROTECTION DISTRICT. MARYLIZ O'CONNELL SECRETARY OF THE BOARD

06/25 (15-147)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME ELIZABETH G. WELSH CASE NO. CV150387 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501

PETITION OF: ELIZABETH G. WELSH TO ALL INTERESTED PERSONS: Petitioner: Elizabeth G. Welsh for a decree changing names as follows: Present name JOCELYN RAE PACHECO to Proposed Name JOCELYN RAE WELSH THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show

cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING Date: August 3, 2015 Time: 1:45 p.m., Dept. 8 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH STREET EUREKA, CA 95501 Date: June 19, 2015 Filed: June 22, 2015 /s/ Dale A. Reinholtsen Judge of the Superior Court

7/2, 7/9, 7/16, 7/23/2015 (15-152)

FICTITIOUS BUSINESS NAME STATEMENT 15-00337

The following person is doing Business as **HUMBOLDT CANNABIS TOURS** Humboldt, 3215 Halfway Ave Unit A, McKinleyville, CA 95519 **Black Dog Travel LLC, California 201513810465 3215 Halfway Ave Unite A, McKinleyville, CA 95519** The business is conducted by A Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Matthew Kurth, Chief Executive Officer This statement was filed with the County Clerk of Humboldt County on June 4, 2015 KELLY E. SANDERS Humboldt County Clerk By: L. Holman

6/18, 6/25, 7/2, 7/9 (15-142)

FBN statements: \$55 442-1400

FICTITIOUS BUSINESS NAME STATEMENT 15-00387

The following person is doing Business as **THE KID** Humboldt, 4344 Old Railroad Grade Road, McKinleyville, CA 95519 **David N. Alkema 4344 Old Railroad Grade Road, McKinleyville, CA 95519** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s David Noel Alkema, Owner This statement was filed with the County Clerk of Humboldt County on June 30, 2015 KELLY E. SANDERS Humboldt County Clerk By: M. Morris

7/9, 7/16, 7/23, 7/30 (15-156)

FICTITIOUS BUSINESS NAME STATEMENT 15-00356

The following person is doing Business as **GROSS PROPHETS** Humboldt, 548 Sunny Valley Lane, Whitehorn, CA 95589 PO Box 277, Whitehorn, CA 95589 **Robert Gross PO Box 277, 548 Sunny Valley Ln, Whitehorn, CA 95589** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Robert Gross, Owner This statement was filed with the County Clerk of Humboldt County on June 16, 2015 KELLY E. SANDERS Humboldt County Clerk By: K. Legg

6/25, 7/2, 7/9, 7/16 (15-145)

FICTITIOUS BUSINESS NAME STATEMENT 15-00389

The following person is doing Business as **CHRISTIAN & ASSOCIATES CONSULTING** Humboldt, 370 Arrow Lane, Bayside, CA 95524 **Michael R. Christian 370 Arrow Lane, Bayside, CA 95524** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Michael Christan, Sole Proprietor This statement was filed with the County Clerk of Humboldt County on June 30, 2015 KELLY E. SANDERS Humboldt County Clerk By: A. Abrams

7/9, 7/16, 7/23, 7/30 (15-155)

FICTITIOUS BUSINESS NAME STATEMENT 15-00367

The following person is doing Business as **ALL WHEEL DRIVE AUTOMOTIVE** Humboldt, 631 B St., Eureka, CA 95501 **Christopher J.M. Honar 804 M St., Eureka, CA 95501** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Christopher James Michael Honar, Owner This statement was filed with the County Clerk of Humboldt County on June 19, 2015 KELLY E. SANDERS Humboldt County Clerk By: M. Morris

6/25, 7/2, 7/9, 7/16 (15-150)

FICTITIOUS BUSINESS NAME STATEMENT 15-00324

The following person is doing Business as **PLANET CHAI, PLANET TEAS** Humboldt, 2427 Plunket Red, Bayside, CA 95524 PO Box 5178, Arcata, CA 95518 **Planet Teas, LLC, 2427 Plunket Rd., Bayside, CA 95524** The business is conducted by A Limited Liability Company. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Dorje Kirsten, Manager This statement was filed with the County Clerk of Humboldt County on May 28, 2015 KELLY E. SANDERS Humboldt County Clerk By: M. Morris

6/25, 7/2, 7/9, 7/16 (15-151)

FICTITIOUS BUSINESS NAME STATEMENT 15-00327

The following person is doing Business as **BUMBLEBEE LANDSCAPE** Humboldt, 1971 Gwin Rd, McKinleyville, CA 95519 PO Box 640 Bayside, CA 95524 **Demetrious G. Goodwin 1971 Gwin Rd., McKinleyville, CA 95519** The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Demetrious Goodwin, Owner This statement was filed with the County Clerk of Humboldt County on May 29, 2015 KELLY E. SANDERS Humboldt County Clerk By: A. Abrams

6/18, 6/25, 7/2, 7/9 (15-141)



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**FICTITIOUS BUSINESS NAME
STATEMENT 15-00357**

The following person is doing Business as **BOYD'S GENERAL**
Humboldt, 2253 Fern St., Apt 2,
Eureka, CA 95503
Ryan A. Boyd
2253 Fern St., Apt 2, Eureka, CA 95503
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Ryan Boyd, Owner
This statement was filed with the County Clerk of Humboldt County on June 16, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

7/9, 7/16, 7/23, 7/30 (15-158)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00362**

The following person is doing Business as **NORTH STORY WINES**
Humboldt, 1350 9th St., Arcata, CA 95521
Patricia A Knittel
411 Howard Hts Rd, Eureka, CA 95503
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Patricia Knittel
This statement was filed with the County Clerk of Humboldt County on June 17, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

6/25, 7/2, 7/9, 7/16 (15-144)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00396**

The following person is doing Business as **REDWOOD BURL COMPANY**
Humboldt, 200 Alder Grove Rd, Arcata, CA 95521
Redwood Burl, Inc., 200 Alder Grove Rd, Arcata, CA 95521
The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Landon Buck, President
This statement was filed with the County Clerk of Humboldt County on July 1, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

7/9, 7/16, 7/23, 7/30 (15-154)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00370**

The following person is doing Business as **HONEYBEEBUZZED**
Humboldt, 523 Old Wagon Road, Trinidad, CA 95570
PO Box 665, Trinidad, CA 95570
Ellen Markham
523 Old Wagon Rd, PO Box 665, Trinidad, CA 95570
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Ellen Markham, Founder
This statement was filed with the County Clerk of Humboldt County on June 19, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

6/25, 7/2, 7/9, 7/16 (15-149)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00397**

The following person is doing Business as **THE COPPER CROW CAFE**
Humboldt, 1656 Union Street, Eureka, CA 95501
JESSICA N BOSTICK-LEE
2237 Wycliff Ln, Eureka, CA 95503
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jessica Bostick-Lee, Owner
This statement was filed with the County Clerk of Humboldt County on July 02, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: M. Morris

7/9, 7/16, 7/23, 7/30 (15-157)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00330**

The following person is doing Business as **PERRL PRODUCTIONS**
Humboldt, 300 Seascape Ln., Trinidad, CA 95570
Esther Stewart
300 Seascape Ln., Trinidad, CA 95570
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Esther Stewart, Owner of Perrl Production
This statement was filed with the County Clerk of Humboldt County on June 1, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

6/18, 6/25, 7/2, 7/9 (15-137)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00347**

The following person is doing Business as **HUMBOLDT QUALITY ASSURANCE LABORATORY**
Humboldt, 5680 West End Rd., Arcata, CA 95521
North Coast Laboratories, Ltd., California
5860 West End Rd., Arcata, CA 95521
The business is conducted by A Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jesse G. Chaney, President
This statement was filed with the County Clerk of Humboldt County on June 10, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

6/18, 6/25, 7/2, 7/9 (15-138)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00350**

The following person is doing Business as **SIXTH AND E NEIGHBORHOOD EATERY**
Humboldt, 603 E St., Eureka, CA 95501
PO Box 1304 Eureka, CA 95502
Christine A Silver
1388 Leslie Rd., Eureka, CA 95503
William R McKenzie
1388 Leslie Rd., Eureka, CA 95503
The business is conducted by A General Partnership.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Christine A Silver, Partner
This statement was filed with the County Clerk of Humboldt County on June 11, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

6/18, 6/25, 7/2, 7/9 (15-140)

**FICTITIOUS BUSINESS NAME
STATEMENT 15-00359**

The following person is doing Business as **THE REVEL YELL**
Humboldt, 2260 Terrace Ave, Arcata, CA 95521
Samuel A. Greenspan
2550 McDowell Ct., Arcata, CA 95521
The business is conducted by An Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Samuel Greenspan, The Revel Yell Founder
This statement was filed with the County Clerk of Humboldt County on June 17, 2015
KELLY E. SANDERS
Humboldt County Clerk
By: A. Abrams

6/25, 7/2, 7/9, 7/16 (15-143)

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**SURROGATE'S COURT OF THE STATE OF NEW YORK
COUNTY OF OSWEGO
File No.: 2014-315
CITATION**

THE PEOPLE OF THE STATE OF NEW YORK BY THE GRACE OF GOD, FREE AND INDEPENDENT,

TO: Lee Connor, Rex Connor, Tammy Silva and Kendra Silva, if he or she be living; and if he or she be dead, then to his or her distributee, legatees, devisees, heirs-at law, next of kin, executors, administrators and assigns, if any there be, all of whose names, places of residence and post office addresses are unknown, and cannot after due diligence and diligent inquiry therefor be ascertained, a Petition having been duly filed by **JUDITH CHILLSON (a/k/a JUDY CHILLSON)**, who is domiciled at 14272 Wilde Road, Martville, New York 13111;

YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court of Oswego County, at the County Courthouse, 25 East Oneida Street, Oswego, New York 13126, on Tuesday, August 18, 2015 at 9:30 a.m., why a decree should not be made in the Estate of **EDITH E. TOOLE a/k/a EDITH ELIZABETH TOOLE a/k/a EDITH ELIZABETH O'TOOLE**, approving the settlement of a medical malpractice and personal injury action and directing payment of the net settlement proceeds pursuant to the terms of Decedent's Last Will and Testament.
WITNESS, **SPENCER LUDINGTON**, Surrogate of the County of Oswego
DATED, ATTESTED and SEALED,
June 15, 2015

ATTORNEY'S NAME:
ADDRESS and TEL. NO.:
Cheryl Blake
Chief Clerk of the Surrogate's Court
Charles L. Falgiatano, Esq.
DeFrancisco & Falgiatano Law Firm
121 East Water Street
Syracuse, NY 13202
(315) 479-9000

NOTE: This Citation is served upon you as required by law. You are not obligated to appear in person. If you fail to appear it will be assumed that you do not object to the relief requested. You have a right to have an attorney at law appear for you.

6/25, 7/2, 7/9, 7/16/15 (15-146)

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CROSSWORD by David Levinson Wilk

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DRUMROLL

ANSWERS NEXT WEEK!

ACROSS

- Puts away, as luggage
- Cosmetics applicators
- "Viva ____ Vegas!"
- Father of Leah and Rachel
- "My Heart Skips ____" (1964 country hit)
- Rev (up)
- The last 10% of 110%
- Longtime Vermont senator
- Makeup of some burgers
- "Wait for it ..." (see the starts of 27-, 34-, 44- and 52-Across)
- Knee-slappers
- Potential pipes
- Season after printemps
- Old Vegas clique follow a

- basic cooking instruction?
- "Dawson's Creek" actor James Van ____ Beek
- Put on the Internet
- U.S. region home to many oak trees?
- Series starter
- Like Beethoven's Sixth
- Someone who gives medical attention to a spud?
- Cattle call
- Factory-inspecting org.
- Miraculous way to walk?
- Having visions of a Japanese mat while asleep?
- Jiffy
- San Fran griddier
- Opposite of sur
- In the style of
- Oscar winner for

- "A Fish Called Wanda"
- Anthony who wrote the 2014 #1 bestselling novel "All the Light We Cannot See"
- ____ Explorer
- Party throwers
- Richter and Roddick

- its location
- Caught, cowboy-style
- Little blobs on slides
- Austin Powers, e.g.
- Pop singer Rita
- Have ____ with (talk to)
- Not automatic: Abbr.
- Like the wars between Carthage and Rome
- Police dept. broadcast
- The Cavs, on scoreboards
- ____ Nidre (Yom Kippur prayer)
- Words after have or take
- Where streets intersect: Abbr.
- Quirky
- Rock's ____ Speedwagon
- WWII command

- area: Abbr.
- Easter colors
- Odysseus, e.g.
- Comment before turning in
- "Keep Out"
- Art fakers
- U.S. Olympic swimming gold medalist Dara ____
- Scrabble value of every letter in TEN
- Country with a gorilla on its 5,000-franc note
- O'Neill's "____ for the Misbegotten"
- Egyptian "key of life"
- "The Phantom Tollbooth" protagonist
- "Last one ____ a rotten egg!"
- Impact result
- Cooke of soul

DOWN

- Hammered hard
- It affects your take-home pay
- Not as quick on the uptake
- Prepares, as leftovers
- Hunter, at times
- NYSE's locale
- Son of Eve
- Kind of tide
- "Fantastic Mr. Fox" author
- Affliction whose name rhymes with

LAST WEEK'S ANSWERS TO WAR

A	D	E		J	E	W	E	L	S		A	L	A	N		
C	A	V		O	N	E	S	I	E		L	O	V	E		
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FIND HOME IMPROVEMENT EXPERTS

Starting on Page 17

Opportunities



EMPLOYMENT OPPORTUNITY

Social Services Director

Manages and oversees all Social Services Dept. staff and programs. Performs clinical and administrative supervision of Social Services programs, performs grant management duties, monitors and controls fiscal and programmatic activities, coordinates the Indian Child Welfare act program. Reqs. A Masters Degree in Social Work or Psychology, or related human services field. Must have 2 years post-Masters social work exp. with youth elders, and persons with addictive behaviors.

Tribal preference given per the Indian Self-determination and Education Assistance Act (25 U.S.C Section 450 e(B)).
To apply and for more information please go to www.bearrivercasino.com/careers or call (707) 733-1900 x 167.



EXECUTIVE ASSISTANT

A Regional Transportation Planning Agency for Humboldt County is seeking to fill a full-time Executive Assistant position.

SALARY: \$3,072.69-\$3,942.95/mo. Medical, Dental, CalPERS Retirement.

APPLICATION DEADLINE: 5 p.m. July 17, 2015

Send cover letter, resume, and three work-related references to HCAOG at 611 I Street, Suite B, Eureka CA 95501 or Email: marcella.clem@hcaog.net

A detailed job description may be obtained at www.hcaog.net



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Complete job description and required application available at www.friendlyfortuna.com or City of Fortuna, 621 11th Street, 725-7600. Applications, cover letter and resume for must be received by **12 pm on Wednesday, July 15, 2015**

Opportunities



♦ Journeymen Carpenter

8 positions available. Must have prior experience, transportation and basic tools. Ability to read blueprints and work independently in a fast paced, production level environment. \$12.00-\$20.00 per hour depending on experience. Some prevailing wage work as well.

♦ Framing Foreman

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**Bring resume and cover letter to
217 E St., Eureka and fill out application**



**Southern Humboldt Community Healthcare
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Current LVN License and CPR certification required.
Work 12-hour shifts in our 8-bed skilled nursing facility.

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Fulltime. California License required. M-F

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Opportunities



**Redwood Coast
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SUPPORT STAFF

FT Eureka, CA Clerical/Recpt for non-profit agency. HS grad or equiv + 1 yrs. pd clerical exp. Typing/keyboard cert. for 45 wpm net-required. Sal. range \$1706- \$2401/mo +exc bene. Go to www.redwoodcoastrc.org for info, forms & instructions. **Closes 7-20-15 at 5pm.** EOE



**Redwood Coast
Regional Center**
Be a part of a great team!

SERVICE COORDINATOR (CASE MANAGER)

FT in Eureka, CA. Early Start/Children caseloads. Knowledge of infant dev. early intervention services for dev.y disabled & at-risk infants. Requires M/A or BA w/exp in human services or related field. Salary \$2783 - \$3916+ Exc. benefits

Visit www.redwoodcoastrc.org for more info & required docs. **Closes 7/8/15 at 5PM.** EOE/M-F



HUMBOLDT AREA FOUNDATION

True North Organizing Network, in partnership with Humboldt Area Foundation, is now seeking applicants for an Executive Director. This is a full time exempt salaried position based in Bayside, CA with frequent travel throughout Humboldt, Del Norte, and adjacent tribal lands. Compensation is \$65,000-\$85,000 DOE, and includes competitive health and retirement benefits.

Candidates for this position should be energetic, self-motivated, and highly relational with an ability to multi-task and problem solve, a passion for racial and economic justice, organizing experience, an appetite for deep and lasting community transformation, and an ability to manage staff and the financial health of the organization while working in a fast-paced environment.

Job duties include responsibility for leading and managing daily operations of the organization including tracking budgets, seeking and developing funding sources, oversight of organizational strategy development and operations, management and development of staff, maintaining relationships with community partners, and building coalitions with elected officials, policy leaders and other strategic allies.

Please review the detailed job description on our website at www.hafoundation.org or for more information, call us (707)267-9920. Submit your resume, cover letter, and writing sample to admin@hafoundation.org.



Opportunities

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HUMBOLDT STATE UNIVERSITY
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Childrens Center Teacher (Job #15-49, 15-50, 15-51)

Two F/T positions and one P/T position in the HSU Children's Center. Review: 7/16/15. For more information visit: <http://apptrkr.com/632591> or call 707-826-3626. HSU is an ADA/Title IX/EOE

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STAFF ACCOUNTANT

1 F/T Arcata

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1 F/T Eureka

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Opportunities

RESTIF CLEANING SERVICE

Local, 100% employee owned company is accepting applications for an Office Clerk I position to work Mon-Fri, 9a-5:30p. Starting wage is \$9/hr with a guaranteed bonus of in between \$300-500 DOE and performance per month during trial period. Trial period is four months. After trial period, wage increases substantially. Job duties include customer service, answering phones, scheduling and billing jobs. Responsibilities include some accounting skills. Previous office experience required. Send resume and cover letter to pamela@restif.com



Humboldt County Office of Education Instructional Aide, Court Community School

(2 Positions for Fall 2015-2016)
M-F, 6 Hrs./Day, \$12.46 - \$16.34/Hr.

Eligible for pro-rated H&W Benefits. Qualifications: Graduation from high school and one year paid or voluntary work with school age students. Training and or experience with at-risk youth desirable. Requires passing score on the Paraprofessional Exam. App. available at HCOE or online: www.humboldt.k12.ca.us/pers/appinfo.php Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@humboldt.k12.ca.us or call (707) 445-7039.

Closes: 7/16/2015, 4 PM



Humboldt County Office of Education Intermediate Office Clerk, Court Community School

FT, M-F, 7.5 Hrs./Day, \$1883.48 - \$2401.75/mo.
(\$11.59 - \$14.78/hr.) Starting salary DOE.

Eligible for district paid H&W Benefits, PERS. Qualifications: Graduation from high school or demonstration of comparable basic skills competence, and two years of progressively responsible clerical experience involving microcomputer operations. App. available at HCOE or online: www.humboldt.k12.ca.us/pers/appinfo.php Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@humboldt.k12.ca.us or call (707) 445-7039.

Closes: 7/16/2015, 4 PM



Humboldt County Office of Education Anticipated Opening: Budget & Accounting Analyst

FT, M-F, 7.5 Hrs./Day, \$3631.98 - \$4634.50/mo.
(\$22.35 - \$28.52/hr.) Starting salary DOE.

Eligible for district paid H&W Benefits, PERS. Schools in California are experiencing a change in the way they do business, especially with fiscal operations including accounting, budgets & accountability. We at the Humboldt County Office of Education are excited about the change for ourselves as well as the districts we serve here in Humboldt County. If you have an eye for auditing & analyzing details, monitoring budgets & enjoy supporting others to learn new things, please request a job description & application for a new position in our Business Office. Qualifications include: BA in Accounting, Bus. Management or related field & 5 yrs. of increasingly responsible experience in school business functions (or comparable experience in accounting & financial record keeping) required. App. available at HCOE or online: www.humboldt.k12.ca.us/pers/appinfo.php Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@humboldt.k12.ca.us or call (707) 445-7039. Closes: 7/16/2015, 4 PM

Opportunities



CITY OF EUREKA UTILITY OPERATIONS SUPERVISOR

\$4,140 - \$5,286 MONTHLY

The City of Eureka is seeking qualified candidates for a full-time Utilities Operations Supervisor. This position may be assigned to the Water Treatment or Wastewater Treatment Divisions. The ideal candidate plans, schedules, assigns and reviews the work of utilities operations staff within the Public Works Department. Grade III Wastewater TPO Cert, or Grade III Water TPO Cert required.

Application deadline is Friday, 7/24/2015 at 5pm. For more information regarding qualifications, and to apply, visit our website at www.ci.eureka.ca.gov EOE.



Humboldt County Office of Education Intermediate Account Technician

FT, M-F, 7.5 Hrs./Day.
Salary: \$2232.75-\$2851.98/Mo.,
\$13.74-\$17.55/Hr., Starting Salary DOE.

Qualifications: Grad. from high school, 2 years of general clerical/fiscal exp. Exp. or training in accts. payable, purchasing, payroll accounting and computer operations. Eligible for district paid medical, dental and vision benefits and PERS retirement.

Please see the following link for complete job description [www.humboldt.k12.ca.us/pdf/jobdesc/Classified/Intermediate Account Technician.pdf](http://www.humboldt.k12.ca.us/pdf/jobdesc/Classified/Intermediate%20Account%20Technician.pdf)

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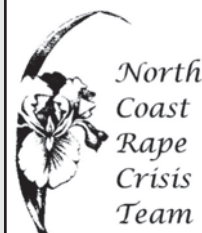
Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eureka, CA 95501. For questions contact Kathy Atkinson at katkinson@humboldt.k12.ca.us or call (707) 445-7039. Closes: 7/9/2015, 4 pm.



North Coast Rape Crisis Team

The North Coast Rape Crisis Team has a PT On call Client Advocate opening, providing information and nonjudgmental support to survivors of sexual abuse via crisis line coverage for two weekends/mo + shared holidays. Stipends paid on call stand-by shifts + 16.50/hr during response time. Call 443-2737 for more info on how to apply. Applications due 7/17 by 4pm. EOE.

Opportunities



North Coast Rape Crisis Team Educator/Advocate

North Coast Rape Crisis Team has a full time Educator/Advocate opening starting at \$16.50/hr with excellent benefits for self-aware, team-oriented person wanting to support survivors of sexual assault.

Job duties: crisis intervention, on call shifts, provision of interactive presentations & participation in community outreach. Extensive training provided. Computer experience necessary, bilingual/multicultural experience highly desired.

Applications due July 17th by 4 pm
Call 707 443-2737 for info. EOE



Full-time Licensed Clinical Social Worker (LCSW)

Redwoods Rural Health Center seeks a LCSW to provide integrated behavioral health services for clients in Redway. Works closely with the on-site medical providers, county case management, and specialty mental health. This is a full-time position with paid time off, employer-sponsored health benefits, and Loan Repayment through the NHSC.

For more information, contact Tina Tvedt at (707) 923-2783 or send a resume to RRHC HR Dept., P.O. Box 769, Redway, CA 95560

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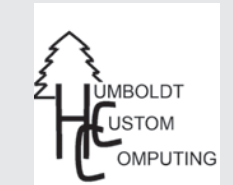
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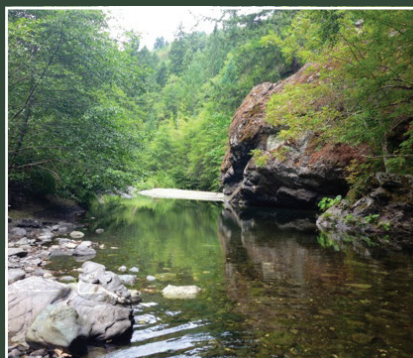
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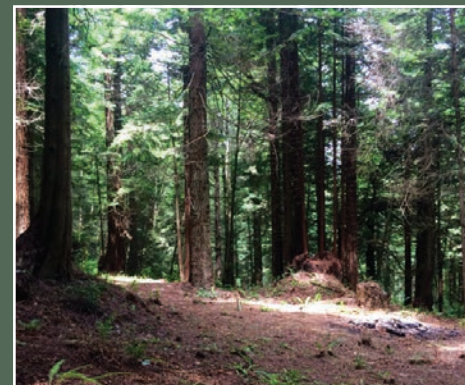


REDWOOD VALLEY \$325,000

±34 Acres, and only 30 minutes from Arcata on Chezem Road. Become part of the elite Redwood Valley community with this amazing property. Enjoy your summers on over ¼ mile Redwood Creek frontage with a fantastic swimming hole. Private road access, low elevation, and power to the property make this a dream.

ARCATA \$409,000

Enjoy your very own ±14 acres Redwood Forest sanctuary just five minutes from the Downtown Arcata! Comprised of two separate parcels, this property is a developer's dream featuring multiple building sites, roads throughout, PG&E to the property boundary, community water available and so much more!



SMITH RIVER \$459,000

Own ±68 beautiful acres of partially wooded property with plenty of privacy, a herd of Roosevelt Elk in your backyard, and close proximity to excellent salmon and steelhead fishing on the Smith River. This beautiful "banana belt" property also includes a small barn, a 1680 square foot two bedroom home complete with a bonus atrium, power, multiple building sites, community water and stunning views of the Smith River Valley.



2850 E St., Eureka
(Henderson Center),
707 **269-2400**
2355 Central Ave., McKinleyville
707 **839-9093**

communityrealty.net



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